



Lifestyle

Sriracha shortage has people not seeing red A7



Sports

MIAA playoffs begin B5W

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# Wilmington Town Crier

69TH YEAR NO. 9 PHONE 978-658-2346 MARCH 1, 2023 www.HomeNewsHere.com 26 PAGES

## Select Board considers replacing tasers

By LIZZY HILL  
News Correspondent

WILMINGTON — At the Select Board meeting on Monday night, the board approved several requests including a change of manager, executing the order of taking for properties, and various space requests and received communications.

They first considered the request to change the manager on the all-alcohol license belonging to 99 Restaurant & Pub at 144 Lowell St. from Marty McDonald to Michael W. King. The board approved this request.

Next, they heard from Town Engineer Paul Alunni, who asked the board to adopt the order of taking so that the town can acquire the easement rights required for intersection reconstruction on Lowell and Woburn Street. Alunni mentioned that there was a small change due to new ownership of a residential property.

Taking this step, he said, would make the town eligible for up to \$6.5 million in federal and state funds to put toward the reconstruction. He also reported that the project would start in the early summer.

He confirmed that a state certified appraiser and review appraiser were used to assess the land values per the request of Select Board Chair Judy O'Connell. The board voted to approve this request.

Town Clerk Beth Lawrenson came before the board to introduce a potential polling location change for the 2024 presidential election. She recalled traffic and parking issues from the state election this past November which led to looking into other potential polling locations. She explained that she was working with the superintendent of schools for possible school sites, focusing on the high school, along with Alunni who would evaluate the parking at each location.

The change would last until the Wildwood School is rebuilt.

Town Manager Jeff Hull mentioned they looked at the possibility of using the North Intermediate School or the Woburn Street School as voting locations, but the high school appeared to have the best options for parking and security.

Kevin Cairra suggested

TASERS | PAGE A11W



Jewelry Sale coming on March 31st

Mark your calendars for the Friends of the Library Donated Jewelry Sale on Friday, March 31 from 5 to 8 p.m. and on Saturday, April 1 from 9 a.m. to 2 p.m. (courtesy photo)

## Select Board reviews Town Meeting articles

By LIZZY HILL  
News Correspondent

WILMINGTON — The Wilmington Select Board reviewed the articles proposed so far for the upcoming annual Town Meeting during their own meeting this past Monday.

The first set of articles they discussed were those received by petition from residents. Town Manager Jeff Hull listed out articles requesting town-owned land on Polk Street, a civil service test result without regard to age, naming town-owned land after Lawrence R. Redding, reducing the appropriation for the town hall/school admin building, allocating \$1.5 million for renovation at the middle school, and amending the zoning by-law to change the body who authorizes special permits for things like fairs and bazaars.

After they confirmed that none of these articles have been withdrawn, the board first commented on the article allocating money to renovate the middle school as part of the temporary

location for the Wildwood School programs.

Chair Judy O'Connell stated that the town already put in an article to allocate funds for this, so she shared her opinion that this petition article is not necessary. Kevin Cairra agreed with the sentiment O'Connell expressed.

O'Connell also said it may be risky to take back money from the town hall/school admin project that was allocated last year.

"I hope [these both] get voted down if not withdrawn," she continued.

Hull went on to list the warrant articles proposed by the town. Article 2 would bring a report on the Wildwood School MSBA project. Article 3 is standard for the transfer of unpaid bills, although he said he isn't aware of any. Article 4 would allow the town to transfer funds within the banks it employs.

Article 5 proposes the omnibus budget article for all the town department budgets. Article 6 covers vehicles including four police cruisers, a fire prevention vehicle, heavy duty trucks and mowers, and a school wheelchair minivan.

Article 7 has to do with a stormwater management permit. Article 8 would collect money for road surfaces. Article 9 would allocate funds for PEG access. Articles 10 and 11 would allocate money for the 4th of July, Veterans Day, and

Memorial Day celebrations.

Article 12 puts money toward the American Legion and similar clubs. Article 13 is related to the composting bin account. Hull suggested that these articles could be collected into a consent agenda as they aren't controversial.

The articles after that would set aside money for cardiac monitors; voice-over internet protocol sys-

BOS | PAGE A11W

## Nomination papers still available for town election

By CASEY STEVENSON  
News Correspondent

WILMINGTON — As the nomination period for the annual town election continues for another week, there is a possibility that this year could turn out to be yet another uncontested election.

Nomination papers have been and continue to be available for interested potential candidates to retrieve from the Town Clerk's Office since Jan.

3, 2023. And those who wish to be on the ballot must return their nomination papers, with the required amount of signatures, on March 3, which is next Friday.

As of now, the only candidate who has returned their nomination papers has been incumbent Jennifer R Bryson, running for the School Committee. Potential opposing candidates as of now include incumbent Melissa D Plowman.

In the race for the Select Board, incumbent Gary B DePalma pulled papers to run for another term. Newcomer Mark D Nelson also pulled papers for the Select Board.

Finally, for the Wilmington Housing Authority, newcomer Louis Cimigalia IV pulled papers for potential candidacy.

The elections are being held on April 22, 2023. Voting will take place

PAPERS | PAGE A11W

## iPods for Wounded Veterans receives check for \$2,000

The Blues For Veterans Association (BVA) in Woburn presented a donation check of \$2,000 to Paul Cardello, Chairman for the Wilmington non-profit iPods For Wounded Veterans, at a Night of Blues recently at the George A. Campbell American Legion Post 101 while a Certificate of Excellence for outstanding performance and dedication to the injured US servicemen and woman was also presented at the event to BVA President Mike Dever.

Shown (from left) are BVA members Joe Simas, Bill Murray, Cardello, Mike Dever and (back row) Woburn Veterans Service Officer Bob Davis. The BVA supports "Our Veterans and the Organizations that help them." For more info, please visit: bluesforveterans.org and ipodsforwoundedveterans.org. The next Night of Blues will be Saturday, April 22.



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INDEX

Lifestyle... A7 | Middlesex East... A8 | Obituaries... A3 | Opinion... A4 | Police Logs... A10 | Sports... B5W







# Senate Republicans seek strong tax relief proposals

BOSTON — Members of the Senate Republican Caucus, in a letter to Governor Maura Healey, say they are seeking broad and meaningful tax relief in legislation that the governor said she would file as a companion to her Fiscal Year 2024 state budget proposal expected in early March, and they are offering their partnership in getting a strong package enacted.

Senate Republicans pursued tax relief through numerous vehicles in the last session to put options on the table to support seniors, renters, low-income families, and others to help residents deal with the accelerating costs facing household budgets. Ultimately, many of those options were included in tax relief packages approved by the House and Senate but did not make it to the desk of Governor Charlie Baker.

In the letter to Healey, the group wrote, "Given the daily financial challenges being experienced by a wide range of taxpayers and the destabilizing effects of those challenges on household budgets, employers, workforce recruitment and retention, and the economic climate of our state, we are appreciative of your interest in pursuing beneficial tax changes and encouraged by your indications that you will soon launch one or more initiatives to do so."

"We want Governor Healey to know that we share the priority of enacting

tax reforms. We're looking for common ground on meaningful tax relief and we stand ready to help those in our state who are dealing with the high costs of housing, seniors trying to stay in their communities, the escalating price of dependent and child care support, and the substantial economic burdens faced by low-wage earners," said Senate Minority Leader Bruce Tarr (R-Gloucester).

The letter refers to recent state tax collections at historically high levels in contrast with the critical need for relief for hundreds of thousands of families and individuals that were ultimately unmet in the last legislative session.

"Today, the economic hardships as acknowledged by legislative leaders and economic experts continue, and our caucus continues to believe that foundational tax relief measures are both overdue and vital," they wrote.

"Massachusetts has taken in record amounts of tax dollars over the past few years while residents have struggled to make ends meet due to persistent inflation and rises in the cost of living," said State Senator Ryan Fattman (R-Sutton). "It is our obligation to provide immediate relief by putting their hard-earned money back into their pockets. This will help alleviate the burden they face. Our comprehensive tax package that we are offering will do just that, and we

are calling on Governor Healy to support these proposals."

The letter outlines a number of tax reform measures initially unanimously adopted last session by the House and Senate. Those items were eventually abandoned and absent from bills sent to Governor Baker. The lawmakers say they are eager to work with the Healey Administration and their colleagues to address the daily financial challenges being experienced by a wide range of taxpayers and the destabilizing effects of those challenges on household budgets, employers, workforce recruitment and retention, and the economic climate of the state.

"It's time for Massachusetts to make significant structural changes to our tax code and ensure everyone in our Commonwealth — seniors and young people, homeowners and renters, and families and businesses — has the opportunity to thrive," said State Senator Patrick O'Connor (R-Weymouth). "My colleagues and I are encouraged to hear that the Administration plans to put forward a tax relief plan in the coming weeks and we look forward to working alongside our colleagues to enact a plan that makes sense for residents in every corner of Massachusetts."

Governor Healey is expected to file a tax relief proposal in early March.

# OBITUARIES

## Thomas J. McLaughlin

Visiting hours were held on Monday

Thomas J. McLaughlin, of Tewksbury, passed away after a brief illness on Feb. 21, 2023.

Loving father of Thomas J. McLaughlin Jr. and his wife Ann Marie of Woburn and Justin McLaughlin of New Jersey. Beloved brother of Robert F. McLaughlin Jr. and his wife Debbie of Ireland, Ellen Santo and her husband James of Beverly, and Laura McLaughlin and her partner Michael Fritsch of North Reading.

Proud grandfather of Jack and Charles McLaughlin of Woburn. Also sur-

vived by many loving nieces and nephews.

Cherished son of the late Robert F. McLaughlin and his wife Alma, and the late Ann McLaughlin Higgins.

Visiting hours were held at the Lane Funeral Home, 760 Main St. (Rt. 38) Winchester on Monday, Feb. 27 from 5 - 7 p.m. A Funeral Mass will be celebrated at St. Mary's Church, 155 Washington St., Winchester on Tuesday at 11 a.m.

Relatives and friends are kindly invited to attend. Interment will be private. For online condolences



please visit [www.lanefuneral.com](http://www.lanefuneral.com).

## Janet Marie (Garipay) Urquhart

Taught and coached in Wilmington

Janet Marie (Garipay) Urquhart, age 75, of Tewksbury, and Woleboro, New Hampshire, died on Feb. 18, 2023 surrounded by her loving family. She had complications from battling cancer.

Janet was born on Jan. 27, 1948 and was raised in Melrose on the Kiley Farm. She attended Melrose schools and was an active sports woman.

Following her graduation from Plymouth State University she began a successful career in teaching and coaching at the Wilmington schools. Janet was an exceptional athlete being the first woman to be inducted into the Melrose

High School Athletic Hall of Fame and later into the Wilmington Coaches Hall of Fame.

She was an avid golfer and skier, enjoying spending her winter months in Florida.

She was predeceased by her loving husband Edward Urquhart of Tewksbury and her brother Peter E. Garipay of Melrose.

She is survived by her sister, Carol A. Carilli of Wolfeboro, New Hampshire, and brother Paul Garipay of Aurora, Co. Her many nieces and nephews were a source of great joy — Michael, Mark, John, Danny, Christopher, Brian, Christine, JoAnne and Joseph.

Visiting Hours will be held on Wednesday, March 1, 2023 from 4 - 7 p.m. at the Gately Funeral Home, 79 W. Foster St. Melrose. A Mass of Christian Burial will be held at St. Mary's Church, Herbert St. Melrose on Thursday, March 2, 2023 at 11 a.m. Interment will be private.

In lieu of flowers donations may be made to Beth Israel - Lahey Hospice, 3000 West Cummings Park, Suite 5000. Woburn, MA 01801. To leave an online message of condolence please visit [gatelyfh.com](http://gatelyfh.com).

Arrangements by Gately Funeral Home, Melrose, MA.

# Five students named to Dean's List at Curry College

MILTON — Curry College congratulates Bailey Smith of Wilmington who was named to the Fall 2022 Dean's List.

Curry College congratulates Felicia DiIulio of Tewksbury who was named to the Fall 2022 Dean's List.

Curry College congratulates Joshua Sughrue of

lates Darielle Wilson of Tewksbury who was named to the Fall 2022 Dean's List.

Curry College congratulates Amber Buttaro of Tewksbury who was named to the Fall 2022 Dean's List.

Curry College congratulates Joshua Sughrue of

Tewksbury who was named to the Fall 2022 Dean's List.

About Curry College

Curry College, founded in Boston in 1879, is a private, co-educational, liberal arts-based institution located on 131 acres in Milton, Massachusetts.

The College extends its educational programs to a continuing education branch campus in Plymouth.

The College offers 24 undergraduate majors in specialized and liberal arts programs, as well as graduate degrees in accounting, business, edu-

cation, criminal justice, and nursing to a combined enrollment of nearly 2,500 students.

The student body consists of 1,700 traditional students and nearly 800 continuing education and graduate students. The College offers a wide array of co-curricular ac-

tivities ranging from 16 NCAA Division III athletic teams to an outstanding theatre and fine arts program.

Visit us on the web at [www.curry.edu](http://www.curry.edu)

# Healey-Driscoll Administration files \$282M supplemental budget

BOSTON — The Healey-Driscoll Administration filed a \$282 million gross/\$154 million net Fiscal Year 2023 (FY23) supplemental budget to address urgent needs across the state's family emergency shelter system, which is at capacity and facing significantly elevated levels of demand by families facing homelessness, and to extend two food security programs that will soon run out of funding.

"Our administration is committed to ensuring that families in Massachusetts have access to the shelter, health care, education, food assistance and other services they need, and that our communities have the resources to provide them," said Governor Healey. "The bill that we're filing today would extend urgently needed funding for several critical programs — Emergency Assistance, universal school meals and SNAP — to continue to provide these services. We look forward to working closely with our partners in Legislature to meet this moment and deliver for the people of Massachusetts."

"Frontline providers and advocacy organizations have been doing heroic work to provide for families arriving in Massachusetts, but they need continued funding and support. Governor Healey and I are committed to working in close partnership with them to secure this needed funding and continue supporting our immigrant and refugee communities," said Lieutenant Governor Driscoll. "Through this bill, we're also seeking to infuse more funding to programs that make sure kids don't go hungry at school and to help families afford

their groceries. These are essential programs that must be maintained."

"The Healey-Driscoll Administration is committed to providing safe temporary shelter to families facing homelessness, and the funding in this legislation will allow DHCD and other agencies to make urgently needed investments in shelter infrastructure, the provider workforce, and the communities who have welcomed these families," said Secretary of Administration and Finance Matthew J. Gorkowicz. "This supplemental budget will also provide resources needed to ensure the continuity of important food security programs that thousands of Massachusetts residents rely upon to feed their families. We look forward to working with the Legislature and other stakeholders as we address these immediate needs."

The bill proposes \$85 million to support the Emergency Assistance program and other necessary services for eligible families in need of emergency shelter in the Commonwealth. With the shelter system currently at capacity, \$64.9 million of this funding would support the Department of Housing and Community Development's (DHCD) efforts to expand the number of units available to provide safe, temporary shelter to vulnerable families facing homelessness. This includes investments in housing infrastructure and the shelter provider workforce that helps to stabilize and rehouse families. Based on current caseload projections, more than 1,100 shelter units over baseline capacity are needed, and the funds in this bill are

critically needed to keep pace with this demand.

The bill also proposes \$21.9 million to support schools through the end of the 2023-2024 school year. The funding is targeted toward the communities experiencing a large influx of families with school-aged children due to state shelter placements — in particular, by providing financial support to schools and school districts for the costs associated with placing new students in local schools. This bill also includes funding to maintain a temporary central intake center where families can receive timely case management services and health assessments during their first few days in shelter and for costs associated with other necessary health assessments and immigration-focused case management.

The funding to support emergency shelters and related services would be authorized for DHCD as well as other agencies that play a role in responding to this crisis, and would work in combination with a \$20 million appropriation in the economic development bill enacted in November 2022.

"The Commonwealth's Emergency Assistance program provides vital support for families in crisis who need housing stability and enables the Commonwealth to meet its statutory requirements as a right-to-shelter state," said Housing and Economic Development Secretary Yvonne Hao. "With the additional resources from this legislation, we can continue our work in partnership with providers and non-profits to meet the increased needs of the shelter system and

support families across the Commonwealth."

The bill filed today also proposes \$130 million to create an off-ramp from the federal extra Supplemental Nutrition Assistance Program (SNAP), a benefit that the federal government began providing to SNAP recipients during the COVID-19 pandemic and recently announced would end in March 2023. To bridge the abrupt end of this program for more than 630,000 Massachusetts families, the Administration proposes providing a supplemental SNAP allotment to recipients equal to 40% of the previous federal benefit for three months. Additionally, \$2 million of this funding would be dedicated to reimbursing certain victims of SNAP benefit theft, also known as "skimming." This initiative would be supported by repurposed enhanced federal Medicaid reimbursements, resulting in an approximately net \$0 cost to the Commonwealth.

"The extra COVID SNAP benefits have provided critical support for individuals and families to buy food, and have also indirectly supported our local grocery stores and farmers," said Acting Health and Human Services Secretary Mary A. Beckman. "The Healey-Driscoll Administration is aiming to be a leader among states in providing households with an off-ramp to the abrupt end of these extra benefits and will continue to be a food security leader through systemic initiatives like this."

"Schools across the Commonwealth play a vital role in our communities beyond educating students. Our schools wel-

come homeless students throughout the school year and provide warm, supportive environments for the young people and their families. Our schools also serve as an important source of nutritious meals for kids of all income levels," said Education Secretary Patrick Tutwiler. "The funding included in this supplemental budget is essential to ensuring those supports will continue throughout this school year for our students and families."

Finally, this bill includes \$65 million to extend the universal school meals pilot program through the end of the 2022-2023 school year, as was intended when included in the FY23 oper-

ating budget. This program allows all K-12 students in Massachusetts to qualify for free school meals. Without the additional funding in this bill, the program will have depleted its appropriation in March, before the end of the school year.

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- LEGAL NOTICE -

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# OPINION

## Upcoming local events

Thursday, March 2, Public Health Museum indoor & outdoor tours, 365 East St., Tewksbury, [publichealthmuseum.org](http://publichealthmuseum.org)

Friday, March 3, Family swim, 7:20 - 8:30 p.m., Boys and Girls Club of Billerica, \$5 per person non-member.

Friday, March 3, Public skating, 7 - 8 p.m., Hallenbourg Arena, Billerica, \$5 per person.

Saturday, March 4, Family swim, 2 - 5:30 p.m., Lowell YMCA, \$5 per person.

Saturday March 4, Kids pinball project, 9 a.m. - 12 p.m., Home Depot, Tewksbury, register in advance, <http://www.homedepot.com/workshops/#store/2668>

Saturday, March 4, Public Health Museum outdoor tours, 365 East St., Tewksbury, [publichealthmuseum.org](http://publichealthmuseum.org)

Sunday, March 5, 7:15 p.m., Tewksbury Interfaith Choir rehearsals at Tewksbury Congregational Church. Open to all! For more information call Barbara at 978-726-6545.

Sunday, March 12, Mon-

arch butterfly discussion, GROW Greenhouses, Tewksbury Hospital Campus, 1 - 2 p.m., Free.

Monday, March 13, TDTC Local Candidate Meet and Greet, 6:30 - 9 p.m., Luna Rossa, Shawsheen Street, Tewksbury.

Tuesday, March 14, 5 p.m. and Wednesday, March 15, 6 p.m., Tewksbury Diversity, Equity, and Inclusion Advisory Committee holding virtual and in-person LGBTQ+ listening sessions. @Tewksbury DEI on the 15th and at town hall on the 16th.

Monday, March 20, 4 - 7 p.m., eat in/take out at Vic's Waffle House. Support the Tewksbury library by grabbing breakfast for dinner!

Wednesday, March 22, 5 p.m., Last day to register to vote in April 1 town election. Town Clerk's Office, 1009 Main St., Tewksbury.

Saturday, March 25, 1 - 5 p.m., Community Teamwork Cornhole Tournament Fundraiser, Tyngsboro Sports Center, 500 Potash Hill Road, (Indoors) [www.comteam.org](http://www.comteam.org)

## NMCOG and Merrimack Planning Commission awarded federal funding for Comprehensive Safety Action Plans

LOWELL — This month, the U.S. Department of Transportation (USDOT) announced that the Merrimack Valley Planning Commission and Northern Middlesex Council of Governments have been awarded \$375,233 in federal funding for the development of Comprehensive Safety Action Plans. These plans will set ambitious severe and fatal crash reduction goals and will identify stakeholders, strategies, and conceptual projects to advance safety on roadways throughout the two northeast regions.

Together, the plans will be informed by broad outreach throughout the regions' 24 urban, suburban, and rural communities.

The Merrimack Valley Metropolitan Planning Organization and Northern Middlesex Metropolitan Planning Organization will lead the effort to develop the Comprehensive Safety Action Plans in partnership with MassDOT, which is supporting the project with matching state aid in the amount of \$93,808 for a total grant award of \$469,041.

"Our streets should be safe for all, whether on foot, in a car, or on a bike," said Senator Edward J. Markey. "I am proud to have led our federal delegation in supporting the joint application by the Merrimack Valley Planning Commission and the Northern Middlesex Council of Governments to help improve transit safety across the Greater Merrimack Valley. I applaud MVPC and NMCOG for investing resources where

they're needed most, particularly in Haverhill, Lawrence, Lowell, and Methuen, where residents disproportionately bear the weight of transit-related incidents in the region. With an intersectional, community-driven approach, we can make the vision of zero transit-related fatalities and serious injuries a reality."

Northern Middlesex MPO member Pat Wojtas, emphasized: "The Northern Middlesex region strives for a zero-fatality benchmark on all modes of its transportation network. This grant will be instrumental in moving us closer to that goal, as all users — pedestrians, bicyclists, vehicle commuters, etc. — will benefit from the implementation of the resulting plan."

Adding to this statement, Merrimack Valley Planning Commission Chairman Robert Snow mentioned, "All of the communities in the Merrimack Valley recognize that developing a Comprehensive Safety Action Plan will position us to be competitive for future federal safety funding, and, once finalized, our plan will help us prioritize the use of funding to ensure movement toward our ambitious safety goals. Everyone agrees that our residents and visitors should travel comfortably throughout the region without concern for their health and welfare."

NMCOG Executive Director, Jennifer Raitt, stated, "These funds complement our local and regional transportation planning efforts, bring new voices into the engagement process, and

are foundational to future mobility improvements for a safe system across the region."

"We are thrilled to receive this award and even more excited for our communities and the region," said MVPC Executive Director, Jerrard Whitten. "Identifying critical transportation issues and safety concerns for each city and town that contributes to a regional vision is an essential first step to help residents enjoy safer travel across all of northeastern Massachusetts."

The two regions look forward to collaboration in support of safe and equitable transportation for every walker, biker, roller, rider, and driver. The completed plans will unlock future grant cycle eligibility, allowing the two regions and their communities to directly apply for federal implementation funding to realize the plans' documented safety projects, strategies, and goals. Following acceptance and processing of the awards, the Merrimack Valley Planning Commission and Northern Middlesex Council of Governments will develop updated project pages with information about the process and opportunities for engagement.

### About the Merrimack Valley Planning Commission

The Merrimack Valley Planning Commission (MVPC) functions as a public, nonprofit organization serving 15 diverse communities with 369,200 residents. Functioning as one of Massachusetts' de-

signed Regional Planning Agencies, MVPC offers support, problem-solving, and technical expertise in the areas of transportation, environmental planning, land use, economic development, and Geographic Information Services (GIS). MVPC fosters inter-community collaboration and serves as a liaison between state and local governments. By leveraging partnerships with and between members, MVPC enhances the culture, welfare, and prosperity of the Valley.

For more information, please visit [mvpc.org](http://mvpc.org).

### About the Northern Middlesex Council of Governments

The Northern Middlesex Council of Governments (NMCOG) is a Regional Planning Agency and Council of Governments serving the 308,172 residents who live in the nine municipalities of Greater Lowell. Our work is centered on increasing the capacity of our member communities and fostering regional cooperation and coordination. NMCOG leverages local, state, and federal support to provide professional technical assistance and municipal service support.

Our comprehensive services are in the areas of local and regional transportation, economic development, land use and zoning, housing, sustainability and climate resiliency, environmental protection, data services and GIS.

For more information about NMCOG, please visit [www.nmco.org](http://www.nmco.org).

## Rep. Moulton to host rescheduled town hall event

ANDOVER — Congressman Seth Moulton will hold his first public town hall meeting of the new year at 6 p.m. on Thursday, March 2, in Andover. Congressman Moulton will answer questions from constituents and share his perspectives on the most impor-

tant issues in Washington and on the North Shore.

The town hall will begin at 6 p.m., doors will open at approximately 5:30 p.m.

Please note that Thursday's event was originally scheduled for last month, but was postponed due to inclement weather.

## Lowell General Hospital CEO announces retirement

LOWELL — Lowell General Hospital Chief Executive Officer Joseph "Jody" White announced today that he will retire in September 2023 after more than two decades of leadership at the Lowell-based hospital.

White first joined Lowell General Hospital as Executive Vice President and Chief Operating Officer in 2003. He was later named President of Lowell General in 2013 and Chief Executive Officer of Circle Health and Lowell General in 2017.

"Serving as the CEO of Lowell General Hospital and having the opportunity to work alongside such a dedicated team has been an honor and privilege," said White. "I have had an incredible career filled with inspirational work and people,

and I couldn't be prouder of our team's dedication to putting patients first every day. I have every confidence that our fantastic team, under the leadership of President Amy Hoey, will continue to drive this vital work forward."

"For 20 years, Jody has been a passionate advocate for transformative change in healthcare — not just here in Lowell but across the Commonwealth," said Ray Anttiss, Chair of Lowell General Hospital's Board of Trustees. "He has a powerful ability to bring people together, build consensus, and accelerate challenging work, while never losing sight of the importance of supporting and celebrating the physicians, clinicians and other staff working the

front lines every day."

"Jody White is the consummate healthcare leader and colleague, and he has been instrumental to Tufts Medicine's success in coming together as a health system," said Michael Dandorff, President and Chief Executive Officer for Tufts Medicine. "As with everything he does, Jody has been so thoughtful about his transition and created a long-term plan to ensure our patients, communities, and the entire Lowell General Hospital team are supported with great care and are positioned for future success. I can't thank Jody enough for his wise counsel, unmatched optimism, and friendship. I am so grateful for his many years of service and positive impact on our communi-

ty."

While leading one of the hospitals caring for some of the largest number of patients with COVID-19, White also served an extended 18-month term as chair of the Massachusetts Health and Hospital Association (MHA) board of trustees.

"Jody has been a powerful voice for every provider and patient throughout the Commonwealth. Even in the midst of a pandemic, he demonstrated tremendous focus and selflessness on behalf of our healthcare system at-large," said Steve Walsh, President and CEO of MHA. "He ensured that the choreography between acute and post-acute providers, state and federal leaders, and many other interests was precise and able to

meet the profound challenges we all faced. Most importantly, his leadership helped keep our healthcare organizations open and accessible to their communities."

### About Tufts Medicine and Tufts Medicine Lowell General Hospital

Tufts Medicine Lowell General Hospital is a not-for-profit community hospital based in Lowell. Founded in 1891, Lowell General operates two inpatient hospital campuses, a cancer center, four urgent care centers and several physician and outpatient facilities in the Greater Lowell area.

Offering state-of-the-art technology and a full range of medical and surgical services, Lowell General serves as the

region's primary healthcare provider and is its largest employer. Lowell General is a founding member of the Tufts Medicine system, which includes Tufts Medical Center, MelroseWakefield Healthcare, an expansive home care and hospice network, and a large clinically integrated physician network that cares for more than 1 million patients per year.

The health system is dedicated to providing patients with the highest quality of care, close to home. For more information about Lowell General Hospital and its services, visit [lowellgeneral.org](http://lowellgeneral.org), follow on Twitter @LGHWELL and like Lowell General Hospital on Facebook.

### Book Stew Review

## 'Ethel Merman: A Life' by Brian Kellow

By EILEEN MACDOUGALL

How sad to exist in a world where no one younger than you remembers Ethel Merman, a/k/a The Broadway Belter. An Astoria, Queens na-

tive (and frequently mistaken for being Jewish because of it, making her much less popular outside the New York metropolitan area), Merman starred in such musicals as Annie Get Your Gun (twice, 20 years apart), Anything

Goes, Call Me Madam, and in her most famous role, Mama Rose in Gypsy.

She worked with the finest songwriters — Cole Porter, Irving Berlin, Vincent Youmans, and even Sondheim (they did NOT get along) — and her strong and distinctive voice, untrained, unenhanced by amplification (she WAS the amplifier!), made her the Queen of Broadway, when memorable melodies and standard boy-gets-girl plots ruled musical theater, from the 1930s to the 1960s.

After that era ended, she became an anachronism before she was ready to leave the stage and the spotlight. The author does an excellent job of balancing Merman's triumphs

with her romantic miseries (a pitiful 30-day union with Ernest Borgnine that was ended by his violence towards her; among four total marriages) and, as an only child, her touching closeness to and dependence on her parents.

Not an intellectual by any means, Merman's strength was her ability to conquer a song quickly and to know exactly what was right for her voice, her limited acting talent, and which musical numbers would make a show a guaranteed hit.

The author's success is in his acknowledgment of her commanding strengths and her debilitating stubbornness. This should be a textbook read for any fan of musical theater history.

## Town & Crier

### Tewksbury - Wilmington

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## Movie Reviews & Box Office News

'Cocaine Bear,' 100% pure, uncut junk with no high



**STUFFED BEAR** - O'Shea Jackson Jr. (l) in a scene from the Universal Pictures release "Cocaine Bear," a ham-fisted satire. (Universal Pictures via AP)

By MARK KENNEDY  
AP Entertainment Writer

Yes, there's a giant bear and, yes, it does a ton of coke. And, yes, just as you probably suspected, the movie blows.

We have officially sunk very low with "Cocaine Bear," way past other films where the title alone describes the only thing that happens, like "Snakes on a Plane," "We Bought a Zoo" or "Sharknado."

Aping other genres of filmmaking, this one never finds its own voice or a way to integrate the ultra-violence with the dark comedy. It's like a parody of a parody that director Elizabeth Banks has turned limp and pointless. If you think it's hysterical to see a bear do a bump off a severed leg stump, by all means, the movie theater is this way.

But where does it all go from here? Just match an apex predator with a Schedule II drug and fall deeper into a movie future with "Oxycodone Osprey" or "Codeine Crocodile"?

The best thing to say is that, even at an efficient 95

minutes, "Cocaine Bear" just snorts along. When a drug runner in a plane in 1985 drops an outstanding amount of cocaine on Blood Mountain in Georgia, a 500-pound black bear ingests a brick of it and naturally wants more (At this point, we must call it Pablo Escobear, right?).

Unfortunately, there are different groups of people who happen to be in the woods at the same time — a pair of European backpackers, a teen and her friends skipping school for a hike, a trio of thugs, a pair of park ranger types, the drug runner's associates and a cop on the hunt.

The movie stars Keri Russell, Isaiah Whitlock Jr., Margo Martindale, Kristofer Hivju, O'Shea Jackson Jr., Alden Ehrenreich and the late Ray Liotta. All deserve hazard pay. This is not a career high.

Eagle-eyed viewers will note that the presence of Russell and Martindale plus a cameo from Matthew Rhys combines three members of the Cold War-era spy TV series "The Americans." That's an indication of the

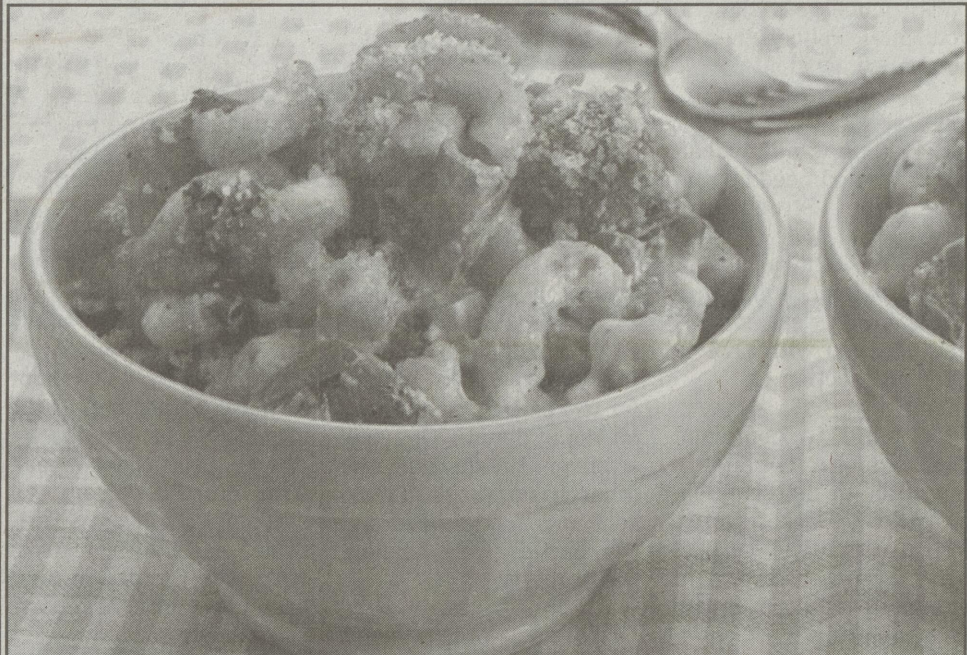
kind of meta humor here.

There's a reference to Pines Mall, which is a little nod to "Back to the Future," but who really cares? "Jane," the opening song, is an homage to "Wet Hot American Summer," which Banks co-starred in and had the same Jefferson Starship opening tune. Looking for Easter eggs takes your mind of the meandering script.

Banks and screenwriter Jimmy Warden have created a mashup of Quentin Tarantino bloodfests, Sam Raimi's scare tactics and the Coen brothers' absurdity. The bear will sneak up behind its victims, race silently, leap in slo-mo, luxuriate under a dust cloud of coke, behead enemies, climb trees and walk on its hind legs, snarling. If only it snorted enough coke to stay up all night and write a better plot.

The filmmakers are also clearly trying their hand at satire, but ham-fistedly. Set during the Reagan-era "Just Say No" period, "Cocaine Bear" hopes to remark on the demonization of drugs and it also seems to have

## HomeNewsHere RECIPE



**FLAVOR TOWN** - This Smoked Cheddar and fire roasted tomatoes are the secret ingredients that give this updated mac 'n cheese its intense flavor.

### STEPS

1. Cook and drain macaroni as directed on box. Return to saucepan; cover to keep warm.

2. Meanwhile, heat oven to 375°F. Spray 13x9-inch (3-quart) glass baking dish with cooking spray. In 2-quart saucepan, heat whipping cream, mustard, salt and red pepper to boiling. Reduce heat; stir in Cheddar cheese with wire whisk until smooth.

3. Pour sauce over macaroni. Stir in tomatoes and onions. Pour into baking dish. In small bowl, mix Parmesan cheese and bread crumbs. Stir in oil. Sprinkle over top of macaroni mixture.

4. Bake uncovered 15 to 20



minutes or until edges are bubbly and top is golden brown.

### EXPERT TIPS

Be sure to use whipping cream when making the sauce for this decadent mac 'n cheese. Milk or half-and-half are more likely to curdle when combined with acidic ingredients like tomatoes.

### NUTRITION

500 Calories, 27g Total Fat, 17g Protein, 47g Total Carbohydrate, 5g Sugars

### Ingredients

- 3 cups uncooked elbow macaroni (12 oz)
- 1 1/2 cups whipping cream
- 1 teaspoon Dijon mustard
- 1/2 teaspoon coarse (kosher or sea) salt
- 1/4 teaspoon ground red pepper (cayenne)
- 8 oz smoked Cheddar cheese, shredded (2 cups)
- 2 cans (14.5 oz each) Muir Glen™ organic fire roasted diced tomatoes, well drained
- 1/4 cup sliced green onions (4 medium)
- 1/3cup grated Parmesan cheese
- 1/3 cup Progresso™ plain bread crumbs
- 2 teaspoons olive oil

something to say about how humans misunderstand the balance of nature. Neither work.

If you want to use a bear to talk about larger things, look no further than 1997's dark "The Edge," with a screenplay by David Mamet

exploring masculinity and intellectualism, or even 1988's light "The Bear," about the nobleness of creatures — it even has a bear cub eating hallucination-inducing mushrooms. "Cocaine Bear" is like a dull butter knife against those two.

Remarkably, no real bears were used this time. Weta FX, the New Zealand-based special effects company founded by Peter Jackson, supplied the massive flaked-up and all-digital ursine, complete with a mangled ear and scars on its snout. The soundtrack is pure '80s — Scandal's "The Warrior," Berlin's "No More Words" and Depeche Mode's very appropriate

"Just Can't Get Enough."

And in another bit of trickery, "Cocaine Bear" was shot largely in rural Ireland, which the creators say closely resembles the Georgia mountain wilderness. Actually, that reminds us of what else bears famously do in the woods. These filmmakers left us a pile of it.

"Cocaine Bear," a Universal Pictures release that hits theaters Friday, is rated R for "bloody violence and gore, drug content and language throughout." Running time: 95 minutes. Zero stars out of four.

MPAA definition of R: Restricted. Under 17 requires accompanying parent or adult guardian.

RMLD



Reading Municipal Light Department  
RELIABLE POWER

### LEGAL NOTICE

IFB 2023-03

Pursuant to Massachusetts General Laws, Chapter 30B, the Reading Municipal Light Department (or "RMLD") intends to contract for and extends an invitation to submit sealed bids for:

#### Mailing Services for Municipal Electric Bills

Sealed bids shall be submitted to the Reading Municipal Light Department, 230 Ash Street, Reading, MA 01867, ATTN: Purchasing Department, no later than **11:00 a.m. on Wednesday, March 22, 2023**. Bids will then be opened and unless obviously non-responsive, read aloud publicly in the RMLD Spurr/AV Room. Bids received after the time of announced deadline will not be accepted.

Bid documents may be obtained via email request to Maureen Sullivan, Assistant Materials Manager at msullivan@rml.com. For questions or further information, please contact Maureen Sullivan at 781-942-6441.

Each bid must be accompanied by a certified or cashier's check payable to the RMLD for a sum not less than 5% of the total amount of the bid. In lieu of a check, a bid bond may be submitted in an amount not less than 5% of the total amount of the bid, unless otherwise stated. The bid bond must be from a corporate surety licensed to do business in the Commonwealth of Massachusetts, conditioned that the bidder will pay the RMLD, as liquidated damages, the amount specified in the bond unless the bidder enters into a contract in accordance with his bid. If the bidder fails to enter into the contract or furnish any required bonds, insurance documents, or other required documents within ten (10) days from the date on which the bidder is notified that the bid has been accepted, the amount of the check or bid bond shall be forfeited to the RMLD.

The RMLD reserves the right to reject any and all bids, including and without limitation the right to reject any or all non-responsive, unbalanced or conditional bids, and to reject any bid if the RMLD believes that it would not be in the best interest of the RMLD to make the award to that bidder. RMLD also reserves the right to waive any minor informalities not involving price, time or changes to the work.

Bids shall remain valid and binding for sixty (60) days, Saturdays, Sundays, and legal holidays excluded, following the submission deadline. No agreement shall be valid or binding unless duly executed by RMLD or RMLD issues a purchase order signed by an authorized representative of the RMLD.

RMLD will make reasonable efforts to review and process bids promptly. However, RMLD shall not be liable for any delays in acting on a bid.

RMLD



Reading Municipal Light Department  
RELIABLE POWER

### LEGAL NOTICE

IFB 2023-25

Pursuant to Massachusetts General Laws, Chapter 30B, the Reading Municipal Light Department (or "RMLD") intends to contract for and extends an invitation to submit sealed bids for:

#### Grounds and Landscape Services

Sealed bids shall be submitted to the Reading Municipal Light Department, 230 Ash Street, Reading, MA 01867, ATTN: Purchasing Department, no later than **11:00 a.m. on Wednesday, March 22, 2023**. Bids will then be opened and unless obviously non-responsive, read aloud publicly in the RMLD Spurr/AV Room. Bids received after the time of announced deadline will not be accepted.

Bid documents may be obtained via email request to Maureen Sullivan, Assistant Materials Manager at msullivan@rml.com. For questions or further information, please contact Maureen Sullivan at 781-942-6441.

Each bid must be accompanied by a certified or cashier's check payable to the RMLD for a sum not less than 5% of the total amount of the bid. In lieu of a check, a bid bond may be submitted in an amount not less than 5% of the total amount of the bid, unless otherwise stated. The bid bond must be from a corporate surety licensed to do business in the Commonwealth of Massachusetts, conditioned that the bidder will pay the RMLD, as liquidated damages, the amount specified in the bond unless the bidder enters into a contract in accordance with his bid. If the bidder fails to enter into the contract or furnish any required bonds, insurance documents, or other required documents within ten (10) days from the date on which the bidder is notified that the bid has been accepted, the amount of the check or bid bond shall be forfeited to the RMLD.

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RMLD will make reasonable efforts to review and process bids promptly. However, RMLD shall not be liable for any delays in acting on a bid.

## Lynnfield Art Guild's features artist Beth Aaronson in March

The Lynnfield Art Guild (LAG) is proud to announce that local watercolor painter Beth Aaronson is the Featured Artist on LAG's website [www.lynnfieldarts.org](http://www.lynnfieldarts.org) for six weeks beginning March 1st, 2023. After this period, her paintings will remain on display on the LAG website under Members' Art.

Beth, a 35 year Lynnfield resident, states that she has always enjoyed drawing and making art and was encouraged by her parents and teachers. At her secondary school, which was founded by a watercolor painter, Beth developed the lifelong hobbies of both drawing and playing music (flute and piano). The artist states, "These creative outlets helped balance my academics at Cornell University and the N.Y.U. School of Law."

After obtaining her J.D. degree, the artist moved to the Boston area and began working as an appellate attorney. She moved to the North Shore when her husband Michael began his



**BETH AARONSON**

medical practice and several years later, when their youngest son started kindergarten, Beth returned to creative expression in both art and music. Ms. Aaronson says that in the fall of that year, she both "started taking watercolor classes with Wakefield artist Bill Velmore and formed a band, The Musical Ravens."

The Guild is proud to showcase over 60 paintings by Beth Aaronson and invites the public to visit this gallery at [www.lynnfieldarts.org](http://www.lynnfieldarts.org) and <https://lynnfieldarts.org/beth-aaronson>.

Viewers interested in purchasing a painting can reach the artist at [bsa819@gmail.com](mailto:bsa819@gmail.com).





## Tewksbury Police Log

### Several people arrested for driving under the influence

Monday, February 20

1:08 p.m. - A 911 hang up at South Street. On the call back, phone goes right to voicemail. Police sent and confirmed accidental.

4:05 p.m. - A 911 caller reported he was intoxicated and would need help at Livingston Street and Grammy's Way. Police sent. Charles Nadeau, 42, of 22 Quigley Ave. in North Chelmsford, was arrested and charged with OUI liquor and section 12.

4:28 p.m. - A complaint occurred for a shoplifter in the office at Stadium Plaza Market Basket North. Police sent. The suspect was trespassing and a summons will be issued for shoplifting.

7:28 p.m. - Caller reported an erratic operator on Marie Street and Foster Road stated that the operator drove 60 MPH plus and made a left on to Foster toward Chandler Street. Caller stated it was a white pickup with lights on the top. Police sent and checked the area, but the

vehicle was gone on arrival.

Tuesday, February 21

1:47 a.m. - Police out with a motor vehicle at Cumberland Farms. David Bowman, 57, of 22 Kittredge Ave. in Tewksbury, was arrested and charged with a straight warrant for assault and battery.

Wednesday, February 22

7:10 p.m. - Security from Innovation Drive calling for two cars in the parking lot doing donuts. One was a silver Honda and the other was a Mazda. Police sent and they cleared and the parties were leaving the property.

8:05 p.m. - Police out at Advanced Auto Parts with a motor vehicle with suspicious activity. They were leaving from the location. Police sent and filed a report.

9:12 p.m. - A 911 caller reported a vehicle fire at Whipple Road. No one was in the vehicle. Ambulance, fire truck, and police sent.

Fire was extinguished and police filed a report.

Thursday, February 23

12:17 a.m. - DPW workers called in an erratic driver at Whipple Road. A mustang swerved all over the road and now appeared stuck. Police sent. They checked the area. Vehicle was gone on arrival.

2:02 a.m. - Neighbor called in stated the party at Rogers Street was making an excessive amount of noise with power tools. The caller would like an officer to go out speak with him. Police sent. All was quiet at Rogers Street. Additionally, officer spoke with the neighbor and would be writing a report.

1:59 p.m. - Male caller reported two girls ran from Shawsheen Street, one wearing a long white coat, the other a long blue coat last seen running toward the park and ride on Dascomb Road. Police sent and filed a report.

5:20 p.m. - Loss prevention reported a female

shoplifter in custody at Walmart. Police sent and officer filed a report.

Friday, February 24

1:25 a.m. - Police off with a motor vehicle parked outside of a closed business at Main Street. They reported all cleared. Driver pulled over in the parking lot to allow time for his windshield to defrost.

1:38 a.m. - Police off at Wamesit Lanes with a vehicle in the parking lot. Jeffrey Demartin, 35, of 68 Mansur St. in Lowell, was arrested and charged with OUI liquor.

2:05 a.m. - Police sent to Motel 6. The front desk clerk stated she was approached by a man who was staying there. He stated an individual in their car on the one depot side of the hotel appeared to be hitting themselves. No description of the party in the vehicle. The calling party was intoxicated and all unit cleared. Police filed a report.

7:33 a.m. - Worker at Circle K stated he found a powder substance in a bag on the floor of the store. He'd like to talk to an officer about it. Officer filed a report. Item taken into possession and camera footage reviewed.

3:35 p.m. - A 911 call for a possibly intoxicated male with two juvenile girls at Cracker Barrel Old Country Store. The vehicle took a left onto 133. Police sent. Lowell and Dracut unified.

5:40 p.m. - A 911 caller reported a belligerent intoxicated customer at 99 Restaurant. Caller reported the manager was outside talking to him. Male party to be transported to Saints for alcohol poisoning. Officer filed a report.

Saturday, February 25

3:14 a.m. - Caller reported she heard what sounds like someone walking on her roof at Salem Road. Police sent. Police reported they spoke with the homeowner and checked the area. No footprints were seen around the property or on the roof, possibly an animal. All units cleared.

6:07 a.m. - Caller reported there was an older black male wearing a

green TD Bank cap in the store at Cumberland Farms yelling at the workers. During the call, the party got in a blue Nissan. Police sent. They spoke with the male who was upset about the cleanliness level of the counter. The counter has been cleaned. Male party was on his way.

7:24 p.m. - Off site security reported they viewed on camera a tow truck tow a black SUV from the lot at Ira Toyota Scion of Tewksbury. Happened 10 minutes prior to calling and no direction of travel or any marking visible on the tow truck. Police sent and checked the building, but nothing out of the ordinary at this time. There was a cleaner on site inside the building.

Sunday, February 26

7:49 p.m. - A 911 caller was a manager at Wamesit Lanes. She was stating a patron was attempting to get in his car drunk and she asked him not to and that she would call him an Uber. He left and almost hit the caller with his vehicle in the process. Police sent. William Higson, 24, of 366 Crescent St. in Waltham, was arrested and charged with OUI liquor.



## Wilmington Police Log

### Male party arrested after allegedly assaulting officer

Friday, February 17:

1:20 a.m.: A caller at Firestone on Main Street reported that the operator of a white 2015 Mercedes GLA was driving erratically towards Lowell when their flat tire came off in the middle of the road. The vehicle pulled over in front of Firestone, but no one was nearby when the caller investigated. Police removed the tire from the road, contacted a tow, and advised those nearby to look for the operator.

3:46 p.m.: An employee at Citizens Bank on Main Street reported that a party with a New York ID attempted to cash a fraudulent check before leaving in a white Toyota SUV. Police gathered information from the teller and searched the area for the involved party.

9:25 p.m.: William F. Peneau of 1 Church St., Apartment #203 was arrested for Disorderly Conduct, Resisting Arrest, four counts of Assault and Battery on a Police Officer, Assault and Battery with a Dangerous Weapon, and Assault with a Dangerous Weapon. This followed a report of a customer at Rocco's Restaurant on Main Street who was acting belligerent and threatened to punch the owner in the face, possibly under the influence of alcohol. While arresting the party, a taser was used and the party was taken to a hospital. Bail was not set.

Saturday, February 18:

10:47 a.m.: A resident on School Street reported that

their mailbox had been struck overnight and that they had video evidence. Police arrived on the scene and filed a report.

2:07 p.m.: A caller at the Town Park and Aprile Field on Main Street reported that a party arrived in a white 2019 Toyota Tundra with a trailer attached and walked into the woods carrying a chainsaw. As police arrived, they could hear the chainsaw on foot near the aqueduct as another officer drove down the pathway. When they arrived, the party was clearing brush and police advised them to not remove anything living on the town's property.

3:54 p.m.: A caller reported that a red-headed party in a white sweatshirt was smoking marijuana near the tennis courts at North Intermediate School on Salem Street. When police arrived, the party was gone and was not found after a search of nearby areas.

Sunday, February 19:

8:03 a.m.: An employee at HealthPlus Urgent Care on Main Street reported that two turkeys were blocking the entrance to the building and were preventing patients from entering. Police arrived and moved the animals out of the way.

1:11 p.m.: A resident on Phillips Avenue reported that about 15 minutes prior to their call, their mailbox had been struck by a gray Honda CR-V with damage on its right side. The vehicle headed tow-

ards Wild Avenue after leaving the scene. Police spoke to a resident there with a camera, who promised to reach out if they saw anything in the footage.

8:54 p.m.: A caller on Shady Lane Drive reported that a Domino's driver attempted to deliver a pizza to the house, despite no one having ordered one. The driver left when they saw a police officer drive by. The driver was later pulled over on Salem Street and McDonald Road by police at 8:59 p.m. for Speeding and No License in Possession, where police found that the pizza had been called in as a prank order.

Monday, February 20:

7:22 a.m.: A caller on Boutwell Street reported that their mailbox and fence had been struck sometime after 10 p.m. the previous night and before 6 a.m. that day. Police arrived and found the mailbox post broken and the box itself knocked off alongside further fence damage.

1:04 p.m.: Multiple cal-

lers at Dunkin' Donuts on Main Street reported that a party with a blue 2005 Subaru Forester was blocking the drive thru using their car while they yelled at employees while in the store. The fire department transported the party to Winchester Hospital as police attempted to contact the owner of the vehicle.

8:56 p.m.: A motor vehicle collision occurred on Mink Run Road and Hopkins Street involving a blue 2011 Honda CR-V going over the curb and striking a fire hydrant. The Water Department and a tow truck were called in while the operator was issued a citation for Speed Greater than Reasonable.

Tuesday, February 21:

5:37 a.m.: A walk-in party reported that there was a possible water main break in the area of Sheridan Road. Police dispatch then notified the Water Department

10:10 a.m.: A caller on Marion Street reported that teenagers with flashing lights had been walking down the road at approximately 2 a.m. and

rang their doorbell. Police promised to log the incident and advised the resident to call back if it happened again.

5:43 p.m.: Casey Dennis O'Sullivan of 102 Brickett Hill Cir. in Haverhill was issued a summons for Operation of a Motor Vehicle with a Suspended License and Motor Vehicle Lights Violation. This followed a stop of the party's gray 2015 Mazda5 on Salem Street.

Wednesday, February 22:

5:16 a.m.: Police spoke to the operator of a white 2012 Ram 3500 at the Knights of Columbus on Middlesex Avenue who claimed that a former co-worker had been responsible for crashing into the mailbox on School Street on Feb. 18 with the vehicle.

10:18 a.m.: A motor vehicle collision occurred on Avalon Drive between a gray 2012 GMC Acadia and a building, the impact of which may have caused a gas leak due to a strong odor following the accident. National Grid was called in and the building was evacuated.

10:39 p.m.: A motor vehicle collision occurred on Glen Road between a gray 2002 Toyota Camry and a pole, resulting in unknown injuries. The fire depart-

ment, Reading Light, and a tow truck were also called in before Verizon arrived on scene to brace the pole. Two parties refused medical attention and were driven home by relatives.

Thursday, February 23:

11:18 a.m.: Michael R. Halliday of 8 Memory Lane in Hancock, New Hampshire was issued a summons for Unlicensed Operation of a Motor Vehicle. This followed a minor motor vehicle collision with no injuries that occurred on Ballardvale Street between a white 2019 Ford F-350 and a gray 2020 Chevy Malibu.

10:24 p.m.: A motor vehicle collision occurred on Salem Street and Evergreen Drive between a black 2018 Cadillac ATS and a black 2017 GMC Sierra. A caller reported an erratic operator went over the sidewalk while leaving Evergreen Apartments and was now struck blocking both lanes of traffic. Another caller reported that they had swerved into a snowbank to avoid the first vehicle, observing it go through a bush and wall before blowing the front right tire. The vehicle was towed and the operator was issued a criminal application for leaving the scene of property damage and speeding greater than reasonable.

## Local students named to Dean's List at UMass Amherst

AMHERST — Below is a list of local students who were named to the dean's list at the University of Massachusetts Amherst for the fall 2022 semester.

In order to qualify, an undergraduate student must receive a 3.5 grade-point average or better on a four-point scale.

### TEWKSBURY

- Shreya Prasad Athalye
- Riley Patrick Auth
- Sarra Barkallah
- Dalton John Bere
- Amena Bhatti
- Andrew Justin Bielecki
- Chad Anthony Boschetti
- Julia Bragg
- Anna Louise Bresette
- Lyndsey Marion Cokinos
- Rebecca Ann Deck
- Christian Richard Erbetta
- Ronald John Florino Jr
- Hailey Anne Furilla
- Julia Elizabeth Garland
- Lily Ann Gigante
- Samantha Mae Gouveia
- Renee Michelle Graczyk
- Emily Jane Hankins
- Marissa Marie Heinze
- Fiona Alexis Ho
- Kathryn Eileen Kelley
- John Anthony Kelly
- Elizabeth Mary Kenneally

### WILMINGTON

- Alex Andoni
- Alison Marie Antinarelli
- Joanne Rachel S Arulraj Joseph
- Gabriella Emilia Bond
- Hailey Victoria Collins
- Liam James Dwyer

- Haley Elisabeth Fisher
- Emersyn Kathleen Foresyth
- Anay Gandhi
- Joseph Mark Ganley
- Rebecca Susan Ganley
- Anja Yvonne Jensen
- Samuel Chu Juergens
- Alexa Kelley
- Kaitlin Marie LeBlanc
- Joseph Paul Lydon
- Gianna Francesca Misuraca
- Sophia Catherine Novak
- Benjamin Edward Packer
- Nathaniel Francisco Packer
- Ryan William Packer
- Shane Penney
- Nicolas Calogero Piazza
- Abigail Cecile Reddivari
- Annika Therese Reddivari
- Ella Elizabeth Reynolds
- John David Rhind
- Denizio Joseph Ricupero
- Mark Andrew Rogomentich
- Evan Joseph Shackelford
- Kevin Michael Stevens
- Richard John Stuart
- William Stuart
- Manav Ashwin Thakkar
- Steven Wanis
- Christopher Charles Wong
- Melody Wong
- Ivan Vladimir Yermakov

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## Sports betting kicks off in Massachusetts

By ROSALYN IMPINK  
News Correspondent

Sports fans rejoice — the first month of legal sports betting in Massachusetts just ended. At 10 a.m. on Tuesday, Jan. 31, 2023, in-person betting opened at the state's three casinos for thrill-seekers to place their wagers. Tewksbury resident Bill Dorazio made history as he placed the first ever sports bet at Encore Boston Harbor in Everett.

The state legislature passed a bill legalizing sports betting in compliance with federal law in a last minute compromise vote in August 2022. The bill had support from Tewksbury's three state representatives — Vanna Howard, Tram Nguyen, and Dave Robertson — but State Senator Barry Finegold voted against the bill.

Former Governor Charlie Baker signed the bill into law. The legislative action comes on the heels of a 2018 Supreme Court ruling that overturned the Professional and Amateur Sports Protection Act of 1992, which outlawed sports betting across the country with limited exceptions.

Bettors will be able to place wagers on the majority of professional and collegiate sporting events — both domestic and international. However, state law prohibits bets on in-state college sports unless teams are in a tournament of four or more teams. Betting on youth and high school sports remains illegal.

Only those 21 years or older may place bets. Bets can be placed on non-sporting events, including awards shows, but the state is still working out whether or not bets will be permissible for sports that are

decided by human judges, such as gymnastics.

The new law requires that bettors be physically within the state's limits in order to place a bet, either at one of the state's three casinos or on a mobile app or website. Existing casinos in the state had the opportunity to apply for sports betting licenses, and the Plainridge Park Casino, Encore Boston Harbor, and the Springfield MGM are all open for business.

Bets can only be placed by a bank routing number or debit card for mobile betting. The law sets a 15 percent tax on in-person bets and a 20 percent tax on digital and mobile bets.

The state's gambling commission already rolled out strict rules to govern sports betting. In the first few weeks of legal betting, all three casinos in the state have self-reported violations and paid fines to the state; illegal bets were placed on basketball games involving Merrimack College, Boston College, and Harvard — all in-state schools in non-tournament games.

In an attempt to address public health issues surrounding sports betting, mobile and online platforms will be required to display the state's problem gambling helpline every time the app or website is opened. Individuals who suffer from gambling addiction will be able to add themselves to a private exclusion list to be prevented from placing bets.

To receive help with gambling problems, visit [www.gamblinghelpline-ma.org](http://www.gamblinghelpline-ma.org) or call 1-800-327-5050.

For more information, visit [www.mass.gov/info-details/massachusetts-law-about-gambling-and-casinos](http://www.mass.gov/info-details/massachusetts-law-about-gambling-and-casinos).



### Power of Flowers Project busy at work

The Power of Flowers Project, on the campus of Tewksbury Hospital, is gearing up for its Bloom Festival in May (stay tuned for details)! POFPP repurposes flowers into arrangements for seniors in care communities, bringing joy and happiness. The group also provides therapeutic floral arranging to care communities.

(Paige Impink photo)

To improve public health

## Wilmington to collaborate with Burlington, Lexington

By MARK BIAGIOTTI

BURLINGTON — The Burlington Select Board unanimously approved an inter-municipal agreement so Burlington, Lexington and Wilmington can collaborate together in an effort to improve their public health services.

This is part of the finalization of the Tri-Ton Collaborative (Burlington, Lexington and Wilmington), which consists of a large 3-year Public Health Excellence Grant for the three communities to provide key shared services.

The Town of Burlington will administrate this grant and it will bring in more than \$100,000 per year to the town. Lexington and Wilmington will also each get \$100,000 on an annual basis as part of the grant.

"These towns will work independently, as well as cooperatively, to bring

health wellness and expanded services and inspection to all three communities," said Dr. Edward Weiner, of the Burlington Board of Health. "The Burlington Board of Health approved it so now we are asking the Select Board, too, as well."

The genesis of the Public Health Excellence Grant began with a Special Commission on Local and Regional Public Health (August 2016); a blue print for Public Health Excellence Report (June 2019); state action for Public Health Excellence Act (April 2020); Massachusetts Department of Public Health Municipal Public Health Shared Services Program (January 2020); Tri-Ton Collaborative (Burlington, Wilmington and Lexington) awarded Public Health Excellence Grant of \$300,000 a year for three years (July 2022); and Burlington

officially serving as the lead agency which means the town will receive 15 percent of the total \$300,000 Tri-Ton allotment (\$45,000).

The inter-municipal agreement and blueprint for public health excellence recommendations include strengthening collaboration with neighboring communities; acquiring, storing and using data to improve population health; make training available and accessible; and committing Commonwealth resources for local public health.

"This agreement will improve Burlington's public health capacity," explained Dr. Weiner. "It will provide shared services to all three towns, from all three towns, in addition to what each community usually provides for themselves."

This semi-regional concept is done on a much larger scale in states such

as California, where roughly 20 "local" governing bodies oversee and collaborate for the hundreds of communities in The Golden State.

The Select Board expressed firm support for this Tri-Ton initiative.

"I love seeing collaboration between communities," declared Select Board member Michael Espejo. "It is a wonderful use of shared resources and I cannot wait to see what we can do with it."

The Select Board had to approve a program manager to lead the way for this agreement. Susan Lumenello, director of public health for Burlington, was nominated by Dr. Weiner and the Select Board unanimously approved her and the inter-municipal agreement. Formally naming a program manager is a mandatory part of the process.



# Herb Chambers

It's Time To Trade Up!

H HONDA

2012 Nissan Altima Sedan \$9,998  
HP74731, Auto., Black, 95K miles

2009 Honda Fit Sport Hatchback \$10,998  
HP7516, Auto., Blue Sensation, 52K miles

2014 Nissan Pathfinder SV AWD \$12,998  
HP7512, Auto., Arctic Blue, 114K miles

2014 Nissan Pathfinder SV AWD \$12,998  
HP7512, Auto., Arctic Blue, 114K miles

2013 Honda Pilot LX AWD \$13,998  
H230177, Auto., White, 114K miles

2013 Honda Accord LX Sedan \$13,998  
H230203, Auto., White Orchid Pearl, 117K miles

2013 Honda CRV LX AWD \$14,998  
H230249, Auto., Modern Steel, 92K miles

2018 Chevy Cruze LT Sedan \$15,498  
H230156, Auto., White, 43K miles

2015 Honda Pilot LX AWD \$17,998  
H230230, Auto., Blue, 82K miles

2020 Honda Civic LX Sedan \$17,998  
H230179, Auto., Cosmic Blue Metallic, 55K miles

2016 Ford Fusion SE AWD \$19,298  
H230271, Auto., Black, 79K miles

2020 Honda Civic LX Sedan \$19,998  
HP7506, Auto., Modern Steel, 53K miles

2015 Honda Accord EX-L V6 Sedan \$20,998  
H2302211, Auto., White Orchid Pearl, 57K miles

2018 Chevy Equinox LT 1.5T AWD \$20,998  
H230246, Auto., Red, 54K miles

2019 Honda Civic LX Sedan \$21,498  
H230099, Auto., Crystal Black Pearl, 28K miles

2018 BMW X1 XDrive 28i AWD \$21,498  
H230121, Auto., Gray, 79K miles

2020 Honda Civic LX Sedan \$21,698  
H2208161, Auto., Blue Metallic, 18K miles

2020 Honda Civic LX Sedan \$21,998  
H230199, Auto., Rallye Red, 33K miles

2019 Honda Civic LX Sedan \$22,398  
CP0142, Auto., Cosmic Blue Metallic, 21K miles

2019 Honda HRV LX AWD \$22,998  
HP7521, Auto., Modern Steel, 43K miles

2019 Honda Civic LX Sedan \$22,998  
H230202, Auto., Modern Steel, 24K miles

2017 Honda CRV Touring AWD \$22,998  
H230167, Auto., White Diamond Pearl, 108K mi.

TOP \$\$ FOR TRADE-INS

## MANAGER'S SPECIALS

### 2010 Toyota Matrix Wagon

Auto., Blue, 88K miles

#K2209101

AWD

\$12,498



### 2013 Toyota Tacoma SR5

2WD



Auto., Silver, 73K miles

#H230255

\$18,998

### 2020 Toyota Tundra SR5

4WD



Auto., Silver, 30K miles

#H2301181

\$41,998

2019 Honda Civic EX Sedan \$23,998  
H230264, Auto., White, 15K miles

2019 Honda HRV LX AWD \$23,998  
H230223, Auto., Crystal Black Pearl, 40K miles

2019 Honda HRV EX AWD \$24,998  
H230265, Auto., Crystal Black Pearl, 32K miles

2020 Honda Pilot LX AWD \$24,998  
H230254, Auto., Lunar Silver, 72K miles

2020 Honda Accord Sport 1.5T \$24,998  
H220897, Sedan, Auto., Lunar Silver, 36K miles

2020 Honda Civic EX Coupe \$24,998  
CP0139, Auto., Crystal Black Pearl, 27K miles

2017 Honda Pilot EX AWD \$25,498  
H230194, Auto., Blue, 53K miles

2020 Honda HRV Sport AWD \$25,998  
HP7520, Auto., Aegean Blue Met., 15K miles

2020 Honda HRV EX AWD \$25,998  
H230263, Auto., Platinum White Pearl, 28K mi.

2020 Honda Accord Sport 1.5T \$25,998  
H230216, Sedan, Auto., Modern Steel, 19K miles

2019 Honda Accord EX Sedan \$25,998  
H230287, Auto., Crystal Black Pearl, 27K miles

2020 Honda Accord LX Sedan \$25,998  
HP7508, Auto., Platinum White Pearl, 21K miles

2020 Subaru Forester Prem. SUV \$26,998  
H230243, Auto., Gray, 33K miles

2020 Honda Accord EX 1.5T Sdn. \$27,698  
H230244, Auto., Modern Steel, 12K miles

2019 Honda Accord Sedan Touring \$27,998  
CP0143, Auto., Hybrid, Platinum White, 65K miles

2019 Honda CRV EX AWD \$27,998  
H230224, Auto., Modern Steel Met., 25K miles

2016 Honda Pilot Elite \$28,498  
CP0141, Auto., Modern Steel, 65K miles

2019 Honda CRV EX AWD \$28,998  
H230200, Auto., Lunar Silver, 22K miles

2020 Honda Accord EX-L 1.5 ST \$28,998  
H220907, Sedan, Auto., Radiant Red, 11K miles

2021 Honda Accord EX Hybrid \$29,998  
CP0138, Sedan, Auto., Radiant Red, 31K miles

2020 Honda Accord Sedan Hybrid \$30,998  
CP0145, Auto., Lunar Silver, 21K miles

2019 BMW X5 M Sport Pkg. \$53,998  
H230238, X Drive, Auto., Sunstone Met., 33K mi.

MORE ARRIVING DAILY!

## Herb Chambers Honda of Burlington

33 Cambridge Street, Route 3A, Burlington, MA 01803

(888)244-6030

HerbChambersHonda.com

Hours: Monday-Thursday 8:30am-8:00pm • Friday & Saturday 8:30am-6:00pm • Sunday 11:00am-5:00pm

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## LEGAL NOTICES ARCHIVE

All published legal notices are posted to the Massachusetts Public Notices website.

To search the archive of previously published legal notices go to:

[www.homenewshere.com](http://www.homenewshere.com)  
OR  
[masspublicnotices.org/Search.aspx](http://masspublicnotices.org/Search.aspx)

### LEGAL NOTICE



TOWN OF WILMINGTON  
DEPARTMENT OF  
PUBLIC WORKS

#### PUBLIC HEARING Removal of Public Shade Trees

Pursuant to Massachusetts General Laws Chapter 87, Sections 3 and 4, a public hearing will be held on Friday March 3, 2023 at 9:30 am in the auditorium of Town Hall, 121 Glen Road, Wilmington, MA, to consider the removal of the following public trees:

ID# 1  
Species: White Oak (*Quercus alba*)  
Diameter: 30"  
Location: In front of #64 Wildwood Street

The tree(s) identified above have been posted for public inspection. Any objections to their removal must be submitted in writing to the Tree Warden, prior to or during the hearing. The mailing address for the Tree Warden is:

Department of Public Works  
Tree Warden  
121 Glen Road,  
Wilmington, MA 01887  
Phone: 978-658-4481

230235 2/22, 3/1/23

### LEGAL NOTICE



TOWN OF WILMINGTON  
PROPERTY REVIEW BOARD

The Wilmington Property Review Board will hold a Joint Public Hearing with the Planning Board and Finance Committee on Tuesday, March 21, 2023, at 7:00 p.m. in the Town Hall Auditorium, 121 Glen Road, Wilmington, MA for the purpose of receiving comments as to the best use of a specific parcel of Town-owned land, which is being petitioned for disposition at the Annual Town Meeting on April 29, 2023.

#### Petitioned article:

Map 6 Parcels 33 & 34 - Polk Street

The map identifying this parcel may be inspected at the Wilmington Town Hall, 121 Glen Road, Department of Planning & Conservation, Room 6, Monday through Friday 8:30 a.m. until 4:30 p.m. Written comments will be accepted until March 21, 2023 and should be directed to Valerie Gingrich, Director of Planning & Conservation, at the above address.

Valerie Gingrich  
Director of  
Planning & Conservation  
230262 3/1/23

### LEGAL NOTICE



TOWN OF TEWKSBURY  
PLANNING BOARD

#### PUBLIC HEARING

#### MODIFICATION TO SITE PLAN APPROVAL (SPR/SP/LD 2022-19)

Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on March 13, 2023 at 7:10 P.M. in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by Rhino Capital Advisors, LLC for a Modification to a Site Plan Approval pursuant to Section 3.6 of the Zoning Bylaw to reduce the size of the warehouse building to 65,790 SF, add 13 parking spaces, and six additional loading docks as shown on plans filed with this Board.

Said property is located at 30 Commerce Way, Assessor's Map 23, Lots 18 & 19, zoned Industrial I & Flood Plain Overlay District.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at [www.tewksbury-ma.gov](http://www.tewksbury-ma.gov). Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on [www.masspublicnotices.org](http://www.masspublicnotices.org).

Stephen Johnson, Chairman  
230241 2/22, 3/1/23

### LEGAL NOTICE



TOWN OF TEWKSBURY  
PLANNING BOARD

#### PUBLIC HEARING

#### SITE PLAN REVIEW

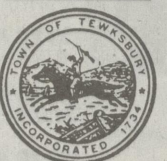
Notice is hereby given that the Tewksbury Planning Board will hold a public hearing on March 13, 2023 at 7:00 P.M. in the Tewksbury Town Hall, 1009 Main Street, Tewksbury, MA 01876 on an application filed by David Plunkett on behalf of C&M, LLC for a Site Plan Review pursuant to Section 3.6 of the Zoning Bylaw to redevelop the existing building and site into a marijuana retailer establishment as shown on plans filed with this Board.

Said property is located at 11 Main Street, Assessor's Map 11, Lot 7, zoned General Business.

The application may be examined on the Planning Board webpage of the Town of Tewksbury's website at [www.tewksbury-ma.gov](http://www.tewksbury-ma.gov). Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on [www.masspublicnotices.org](http://www.masspublicnotices.org).

Stephen Johnson, Chairman  
230214 2/22, 3/1/23

### LEGAL NOTICE



TOWN OF TEWKSBURY  
CONSERVATION COMMISSION

#### PUBLIC HEARING

#### Request for Determination of Applicability (RDA)

Notice is hereby given that the Tewksbury Conservation Commission will hold a public hearing on March 8, 2023, at 6:30 P.M. at Tewksbury Town Hall, 1009 Main Street, for a RDA application filed by the Tewksbury Department of Public Works for roadway resurfacing activities within the buffer zone of wetlands.

The areas subject to this application are within existing roadways along Astle Street, Lumber Lane, Pike Street, School Street, Bell Road, and Water Street.

The application may be examined on the Conservation Commission webpage of the Town of Tewksbury's website at [www.tewksbury-ma.gov](http://www.tewksbury-ma.gov). Should other accommodations be necessary to view the application, please call the Community Development Office at 978-640-4370. Legal Notice can also be viewed on [www.masspublicnotices.org](http://www.masspublicnotices.org).

Joe Fontaine  
Conservation Agent/Planner  
230281 3/1/23

### LEGAL NOTICE



TOWN OF TEWKSBURY

Notice is hereby given that the Select Board will conduct a public hearing in accordance with Mass. General Laws, Chapter 138, on Tuesday, March 21, 2023 at 7:00 p.m. on the application of MHF Tewk Operating Tenant VII LLC, d/b/a Hilton Garden Inn by James M. Tourillotte, Manager to transfer an All Alcoholic Beverages License from Boston West Hospitality LLC, d/b/a Holiday Inn Tewksbury along with an alteration of premises and Management/Operating Agreement to operate this license on said premises located at 4 Highwood Drive, Tewksbury, Massachusetts described as approximately 148,959 sq. ft. of a 5 story hotel. The hearing will be held in the Select Board's meeting room, Main Hall, 1009 Main Street, Tewksbury, MA.

Input is welcome from the public. The Select Board recommends that comments be submitted in writing to the Select Board, Town Hall, 1009 Main Street, Tewksbury, MA, 01876 on or before noon time Friday, March 17, 2023.

Todd Johnson, Esquire, Chair  
Select Board  
230267 3/1/23



## 37 fire service leaders graduate from management training program

STOW — More than three dozen fire service leaders from across Massachusetts graduated from the 28th class of the Massachusetts Firefighting Academy's Chief Fire Officer Management Training Program.

The four-month program for new chief officers and chief officer candidates is delivered jointly by the Massachusetts Firefighting Academy and the University of Massachusetts Edward J. Collins Jr. Center for Public Management. Through classroom instruction and out-of-class assignments, the course delivers intensive training in the non-fire suppression aspects of managing a municipal fire department.

"The Chief Fire Officer program is a tremendous opportunity for new chiefs and rising officers," said State Fire Marshal Peter J. Ostroskey, who graduated from the program in 2002. "The rigorous instruction in such a wide variety of topics will help these graduates provide the leadership that their departments and communities deserve. Completing the program is a major accomplishment and I want to

congratulate them on their initiative and dedication to professional development."

The Chief Fire Officer Management Training Program covers a spectrum of topics considered essential for effective public sector management. It includes human resource management, ethics, executive leadership, governmental and organization structures, information management, customer-focused strategic planning, legal issues, budgets and public finance, community awareness, and labor relations. The curriculum helps fire officers improve their ability to lead and manage personnel, understand employees' needs and problems, communicate effectively to a variety of audiences, and leverage inter-agency cooperation. The Massachusetts Firefighting Academy, a division of the Department of Fire Services, offers this program tuition-free.

The 2022-2023 graduating class was drawn the fire departments of Acushnet, Barnstable, Belmont, Billerica, Bridgewater, Chelsea, Easthampton, Everett, Fitchburg, Framingham,

Grafton, Granby, Halifax, Hanover, Holyoke, Hyannis, Ipswich, Lakeville, Maynard, Medway, Methuen, New Bedford, Newton, North Andover, North Attleboro, Oakham, Palmer, Pelham, Russell, Seekonk, Sturbridge, Tewksbury, Three Rivers, Truro, West Brookfield, Westport, and Worcester, where its members serve as chiefs, deputy chiefs, and captains.

#### GRADUATES:

- Deputy Chief Daniel Baldwin, Westport Fire Dept.
- Chief Christopher Beal, Barnstable Fire Dept.
- Deputy Chief Kevin Benson, Easthampton Fire Dept.
- Chief William Bernat, Palmer Fire Dept.
- Deputy Chief Michael Caddell, Newton Fire Dept.
- Chief Christopher Coleman, North Attleboro Fire Dept.
- Chief Timothy Collins, Truro Fire Dept.
- Captain Jeffrey Cuozzo, Halifax Fire Dept.
- Chief David DeStefano, Belmont Fire Dept.
- Chief Michael Dutcher, Framingham Fire Dept.
- Chief Thomas Farland, Acushnet Fire & EMS Dept.
- Deputy Chief Michael Fasolino, Medway Fire Dept.
- Deputy Chief Frederick Freeman, Hanover Fire Dept.
- Deputy Chief Paul Guttadauro, Tewksbury Fire Dept.

- Chief Timothy Howe, Oakham Fire Dept.
- Chief John Kadlewicz, Holyoke Fire Dept.
- Deputy Chief Stephen Kennedy, Billerica Fire Dept.
- Chief Richard Lapierre, West Brookfield Fire Dept.
- Captain Angela Lawless, Maynard Fire Dept.
- Deputy Chief Sabato LoRusso, Everett Fire Dept.
- Chief Sandra Lowery, Seekonk Fire Dept.
- Deputy Chief David Martell, Sturbridge Fire Dept.
- Chief Eric Mathieu, Grafton Fire Dept.
- Deputy Chief Edward McGarry, Chelsea Fire Dept.
- Deputy Chief Brian Medeiros, New Bedford Fire Dept.
- Chief Dennis Nazzaro, Pelham Fire Dept.
- Chief Michael O'Brien, Lakeville Fire Dept.
- Chief Michael O'Neill, Granby Fire Dept.
- Deputy Chief Lee Prenziss, Ipswich Fire Dept.
- Chief Edward Renaud, Russell Fire Dept.
- Deputy Chief Adam Roche, Worcester Fire Dept.
- Deputy Chief Graham Rowe, North Andover Fire Dept.
- Deputy Chief John Schlatz, Bridgewater Fire Dept.
- Deputy Chief Mark Storie, Hyannis Fire Dept.
- Chief Dante Suarez, Fitchburg Fire Dept.
- Deputy Chief David Toto, Methuen Fire Dept.
- Chief Scott Turner, Three Rivers Fire Dept.

### LEGAL NOTICE



COMMONWEALTH OF  
MASSACHUSETTS  
THE TRIAL COURT  
PROBATE AND  
FAMILY COURT

Middlesex Probate  
and Family Court  
10-U Commerce Way  
Woburn, MA 01801

#### CITATION GIVING NOTICE OF PETITION TO EXPAND THE POWERS OF A GUARDIAN

Docket No. MI20P5159GD

In the Interests of:  
Linda Timmons  
of Tewksbury, MA  
RESPONDENT  
Incapacitated Person/  
Protected Person

To the named Respondent and all other interested persons, a petition has been filed by Tewksbury Hospital of Tewksbury, MA in the above captioned matter requesting that the court: Expand the powers of a Guardian of the Respondent

The petition asks the court to make a determination that the powers of the Guardian and/or Conservator should be expanded, modified, or limited since

the time of the appointment. The original petition is on file with the court.

You have the right to object to this proceeding. If you wish to do so, you or your attorney must file a written appearance at this court on or before 10:00 A.M. on the return date of 03/17/2023. This day is NOT a hearing date, but a deadline date by which you have to file the written appearance if you object to the petition. If you fail to file the written appearance by the return date, action may be taken in this matter without further notice to you. In addition to filing the written appearance, you or your attorney must file a written affidavit stating the specific facts and grounds of your objection within 30 days after the return date.

#### IMPORTANT NOTICE

The outcome of this proceeding may limit or completely take away the above-named person's right to make decisions about personal affairs or financial affairs or both. The above-named person has the right to ask for a lawyer. Anyone may make this request on behalf of the above-named person. If the above-named person cannot afford a lawyer, one may be appointed at State expense.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court.

Date: February 17, 2023  
Tara E. DeCristofaro  
Register of Probate  
230274 3/1/23

### LEGAL NOTICE



COMMONWEALTH OF  
MASSACHUSETTS  
THE TRIAL COURT  
PROBATE AND  
FAMILY COURT

MIDDLESEX DIVISION  
INFORMAL PROBATE  
PUBLICATION NOTICE

Docket No. MI23P0596EA

Estate of: George E. Grimes  
Date of Death: 12/10/2022

To all persons interested in the above captioned estate, by Petition of Petitioner George L. Grimes of Billerica MA

George L. Grimes of Billerica

MA has been informally appointed as the Personal Representative of the estate to serve without surety on the bond.

The estate is being administered under informal procedure by the Personal Representative under the Massachusetts Uniform Probate Code without supervision by the Court. Inventory and accounts are not required to be filed with the Court, but interested parties are entitled to notice regarding the administration from the Personal Representative and can petition the Court in any matter relating to the estate, including distribution of assets and expenses of administration. Interested parties are entitled to petition the Court to institute formal proceedings and to obtain orders terminating or restricting the powers of Personal Representatives appointed under informal procedure. A copy of the Petition and Will, if any, can be obtained from the Petitioner.

230249 3/1/23

### LEGAL NOTICE



COMMONWEALTH OF  
MASSACHUSETTS  
THE TRIAL COURT  
PROBATE AND  
FAMILY COURT

Middlesex Probate  
and Family Court  
10-U Commerce Way  
Woburn, MA 01801  
(781) 865-4000

#### CITATION ON PETITION FOR FORMAL ADJUDICATION

Docket No. MI23P0867EA

Estate of:  
Kathleen M Magliozzi  
Also known as:  
Kathleen Marjorie Magliozzi  
Date of Death: 07/02/2020

To all interested persons:

A Petition for Formal Adjudication of Intestacy and Appointment of Personal Representative has been filed by William Magliozzi of Tewksbury MA requesting that the Court enter a formal Decree and Order and for such other relief as requested in the Petition.

The Petitioner requests that: William Magliozzi of Tewksbury MA be appointed as Personal Representative(s) of said estate to serve With Personal Surety on the bond in unsupervised administration

#### IMPORTANT NOTICE

You have the right to obtain a copy of the Petition from the Petitioner or at the Court. You have a right to object to this proceeding. To do so, you or your attorney must file a written appearance and objection at this Court before: 10:00 a.m. on the return day of 03/17/2023.

This is NOT a hearing date, but a deadline by which you must file a written appearance and objection if you object to this proceeding. If you fail to file a timely written appearance and objection followed by an affidavit of objections within thirty (30) days of the return day, action may be taken without further notice to you.

#### UNSUPERVISED ADMINISTRATION UNDER THE MASSACHUSETTS UNIFORM PROBATE CODE (MUPC)

A Personal Representative appointed under the MUPC in an unsupervised administration is not required to file an inventory or annual accounts with the Court. Persons interested in the estate are entitled to notice regarding the administration directly from the Personal Representative and may petition the Court in any matter relating to the estate, including the distribution of assets and expenses of administration.

WITNESS, Hon. Maureen H. Monks, First Justice of this Court.

Date: February 17, 2023  
Tara E. DeCristofaro,  
Register of Probate  
230250 3/1/23



# Lifestyle

## Sriracha shortage has people not seeing red

By **PAIGE IMPINK**  
News Correspondent  
paige@yourtowncrier.com

**Y**ou may have gone searching for your favorite sriracha hot sauce recently, only to be met with empty shelves or signs stating a limited supply.

The most famous brand of sriracha, Huy Fong, is nowhere to be found after the company halted production briefly in 2022. Crop issues due to severe draught in Mexico have plagued the red jalapeno chili pepper crop and resulted in nationwide shortages of the product for consumers and for restaurants.

Sriracha's development is credited to David Tran, a Vietnamese hot sauce maker who was seeking the product in the United States in the late 1970s. He created a recipe that combined red jalapeno chili

peppers, garlic, vinegar, sugar, and salt.

The product was a hit in Los Angeles' Asian community and rapidly caught on. Tran launched Huy Fong Foods, Inc. in 1980. The iconic red bottle with a bright green cap has a rooster adorning the label. The origin of the sauce is actually Thai, named after a seaside village, Si Racha, according to a 2019 NPR story about the sauce.

The company is used to producing 18,000 bottles of sauce an hour, and the shortage has affected production greatly. In a memo issued by the company, customers were told that product would not be shipping in late 2022, and in early 2023, shortages persist.

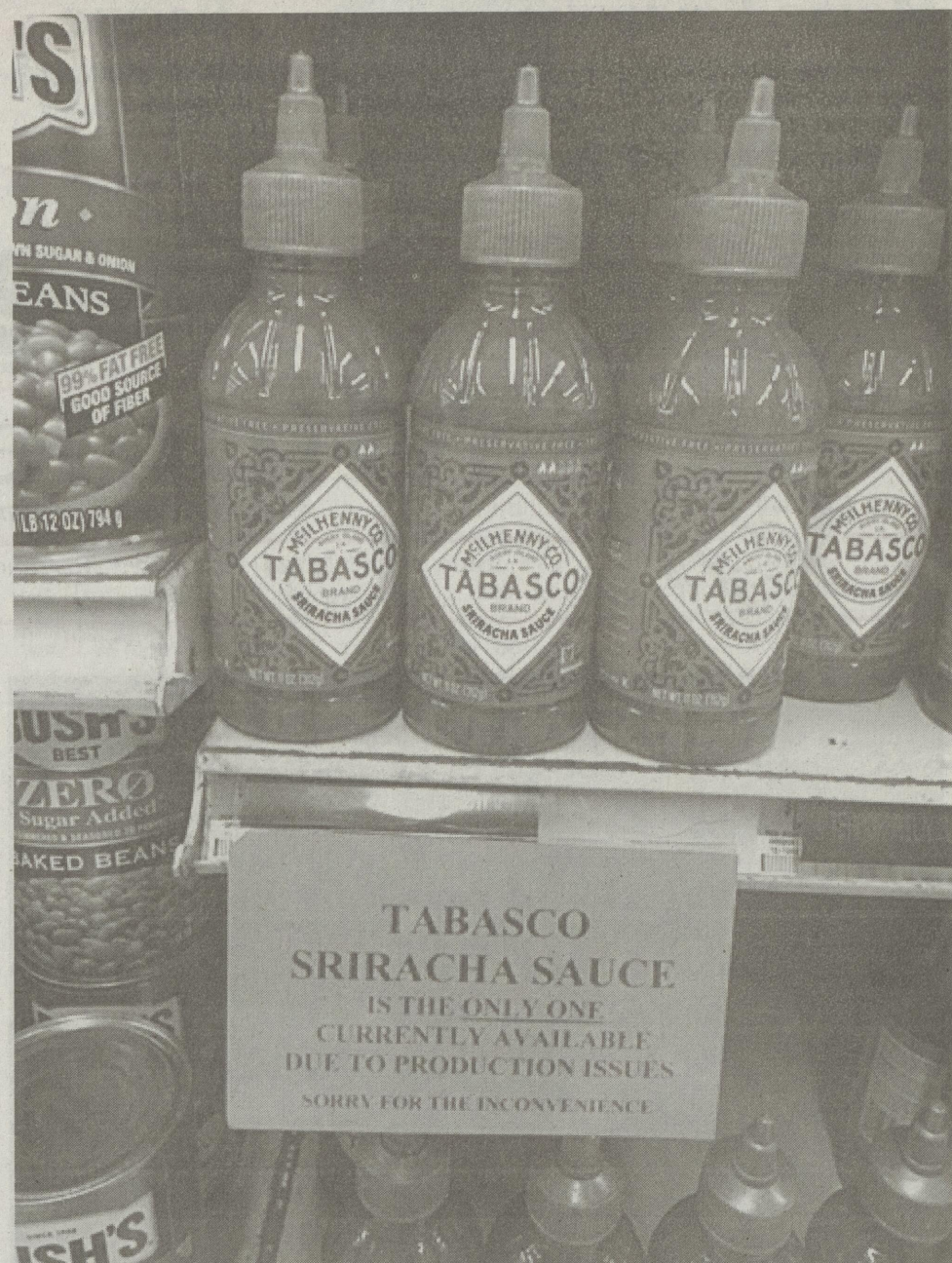
Hot sauce substitutes may carry you over until crops can be restored. Suggestions include gochujang sauce, Thai sweet chili sauces, or chili garlic sauce. Some people like

hot chili sauces such as Tabasco brand, Chilula, Texas Pete's, or Franks Hot Sauce, but their flavors are different.

Chili sauces vary in the amount of vinegar in their recipes, and can be Louisiana-style or Mexican-style. Some use tabasco chilies, others use cayenne chilies, red peppers, arbol peppers, puya, and piquin peppers.

Sriracha is its own category as it is a pure invention, and uses red jalapenos. There are also the original Thai hot sauces which you may have to seek out an Asian specialty market to score. Aficionados recommend trying other brands of sriracha-like sauces such as Kikkoman and Lee Kum Kee brands.

Currently a Tabasco brand sriracha is on the shelves at Market Basket locally and does have red jalapeno in its ingredient list.



▲ Sriracha is in short supply at local grocery stores.

(Paige Impink photo)

## Winter returns, just in time to try snowshoeing

By **HEATHER BURNS**  
News Correspondent

Just when we thought it was safe to put the snow boots and shovels away, Mother Nature decides to start the month of March with a one-two punch of winter weather, offering multiple snow events in a 10-day span.

Instead of complaining about all of the early spring activities we may be missing out on, now is your chance to embrace a traditional winter activity that you may have overlooked — snowshoeing.

Despite the fact that snowshoes have been in existence for centuries and most people are familiar with the activity of snowshoeing, many have never actually tried to snowshoe.

No one is exactly sure when the snowshoe was invented, but according to the U.S. Forest Service, they are believed to have been created in Central

Asia about 4,000 BC. These snowshoes were made from a stretched out piece of leather and wooden blocks.

European settlers were introduced to the snowshoe by the Athaspagan Indians of the northwest coast and the Algoquin Indians of the Great Lakes region. These snowshoes were made with a woven frame, looking more like the snow shoes of today.

By the 1800's snowshoes were a common means for transportation in Canada, the Alaska area, and the northern regions of the U.S.

Today, snowshoes are still used as a means to travel in deep snow, but they have also become a fun, winter activity for the novice and avid snowshoer alike.

Snowshoes are specialized outdoor gear made specifically for walking on snow. They provide a large footprint that spreads the user's weight out and al-

lows them to travel on top of the snow, rather than walking through the snow.

For those looking for a fun, low impact, affordable winter sport, snowshoeing could be the perfect winter sport for you and your family.

Snowshoeing will not fulfill your need for speed like skiing or sledding, but it does offer many health benefits.

If you are looking for a good weight loss workout, snowshoeing offers a great cardiovascular workout that can burn up to 1,000 calories per hour, and it is more challenging than regular walking or hiking.

Snowshoeing can also provide low-impact muscle building as well as balance strengthening and agility. It is also a great activity to build endurance.

No need to be a seasoned "winter sportsman" to participate in snowshoeing, as no prior winter activity experience is required.

However, you will want to

make sure you are properly equipped for snowshoeing before you head out to the snow trails.

First you will need a proper fitting pair of snowshoes. Although snowshoes can be purchased online, it is recommended to be properly fit for snowshoes, especially if you are new to the sport. Most sporting goods and outdoor adventure stores will be able to guide you with your first snowshoe purchase.

There is no need to spend a lot of money to buy a pair of snowshoes, but keep in mind that spending a little more than the bargain brand snowshoe will get you better flotation, lighter weight and more comfort.

You will also need a pair of warm, well fitting winter boots, gloves, hat and ski goggles. Wool socks are recommended as they provide warmth while wicking away moisture.

For the beginner, poles are not necessary, but when you advance to snowshoeing on more rugged terrain, you may want to invest in some poles.

It is also a good idea to bring along a lightweight backpack to hold a few essentials like food, water, a cell phone or a GPS navigational tool if you are planning on doing any

snowshoeing outside of your own back yard or local park.

Even if you are snowshoeing on a known trail, it is easier than you think to get lost, so it is always a good idea to bring along a few essentials.

The seasoned snowshoer will tell you the best snowshoeing conditions are with freshly fallen, powdery snow, but for your first time out, you may want to try snowshoeing on one of the areas many pre-designated snowshoe trails.

Harold Parker State Forest in Andover offers wide trails with gentle rolling hills, perfect for the beginner snowshoer.

Weir Hill in North Andover has a 1.9 mile loop that is a great place to explore for the beginner snowshoer.

The Blue Hill Reservation in Milton has more than 125 miles of trails including a 2 mile loop made just for beginners.

For those who would like to give snowshoeing a try before you invest in buying your own snowshoes, there are several places that will rent snowshoes and provide scenic trails.

The Massachusetts Trustees offer snowshoe rentals and trails at Appleton Farms in Ipswich, Cranes Beach in Ipswich, Field

Farm in Williamstown, Fruitlands Museum in Harvard, and Notchview in Windsor.

Weston Ski Track in Weston offers multiple types of trails as well as snowshoe rentals and lessons.

Some outdoor sporting goods stores also rent snowshoes as well as sell them, so it may be worth making a few phone calls to your favorite sporting goods retailer to inquire about renting snowshoes before you purchase them.

While the month of March seems determined to stay a lion at least for the next few weeks, take advantage of the snow while it lasts.

March is actually the perfect time to spend the afternoon in the snow as the sun is a bit warmer, compared to January or February, and we do have the calendar on our side that spring is not too far off.

For more information about snowshoe rentals and guided trail tours at one of the Trustees properties, visit <https://thetrustees.org>.

For a complete list of snowshoeing and cross country ski trails across the commonwealth of Massachusetts visit [www.visit-massachusetts.com/state/cross-country-skiing-snowshoeing/winter-activities/](http://www.visit-massachusetts.com/state/cross-country-skiing-snowshoeing/winter-activities/).

## Poetry contest at Tewksbury Public Library

**TEWEKSBU** — Calling all poets! The Tewksbury Public Library is hosting a poetry contest for all ages beginning March 1.

**Submission Guidelines for Eligible Entries:**

- Submissions are open from Wednesday, March 1 to Friday, March 31
- Poems must follow this year's theme of spring
- Limited to one submission per person
- This contest is open to all ages
- One winner will be chosen from each age group including grades K-2, grades 3-5, grades 6-12, and adults
- Poem submissions should be limited to one page in length with a minimum font size of 12
- All forms of written poetry accepted
- Submitted work should be original and not previously published or plagiarized

giazied

- Submissions can be in any language. Please include a translation with your submission so your work may be fully appreciated
- First place prizes will be awarded to one entry from each age group

**How to Enter:**

- All poems will be voted on anonymously; do not put your name or contact information on your work
- Paper submission forms are available on the library's website and at the Circulation Desk. Return your completed submission form and poem to the Circulation Desk by Friday, March 31 to enter.
- To submit your poem online, please visit [tewksburypl.org](http://tewksburypl.org) to complete the online form and submit your work.

- Please note that any handwritten submissions will be typed up by library staff for accessibility purposes

To celebrate National Poetry Month in April, submitted poems will be put on display on the first floor of the library so all who visit TPL may enjoy these creative works and vote for their favorites in each age group. Public voting begins Monday, April 3 and ends Friday, April 14.

A reception and prize ceremony will be held Tuesday, April 25 in the Meeting Room on the first floor. Additional details to be announced in April. Please check the library's event calendar at [tewksburypl.org](http://tewksburypl.org) for updates.

For more information on the 2023 Poetry Contest at TPL, please visit [tewksburypl.org](http://tewksburypl.org) or call 978-640-4490.

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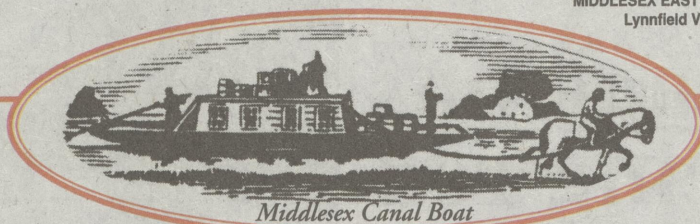
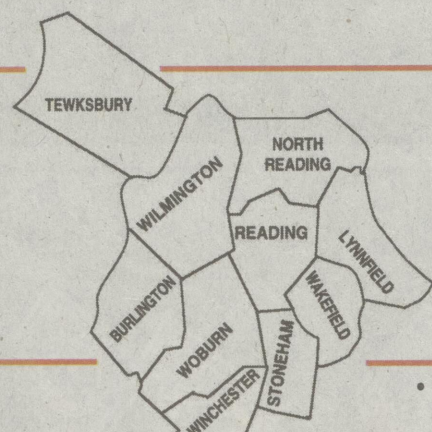
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# Middlesex East

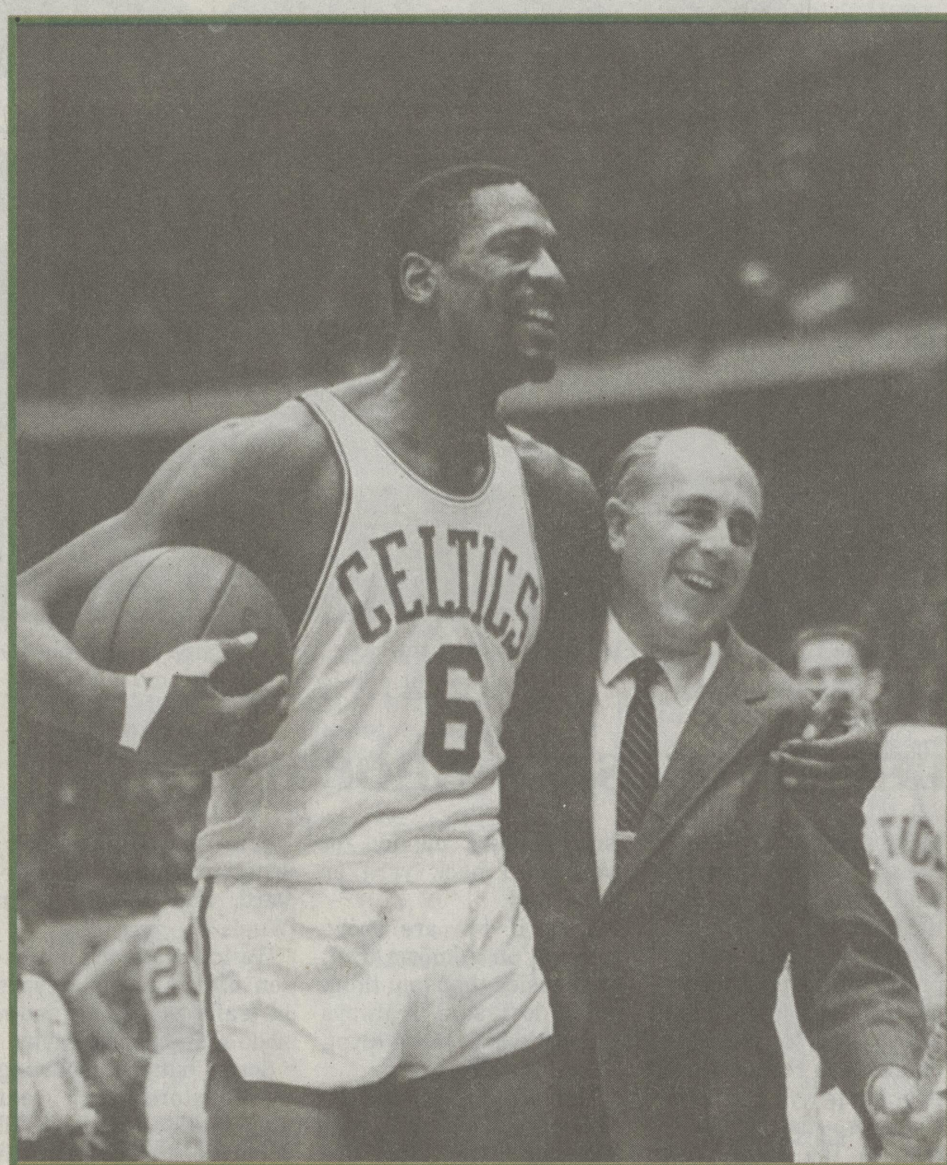
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**HOOP DREAMS** - Close ties between legendary Boston Celtics head coach and general manager Red Auerbach (r) and Hall of Fame Celtic's player Bill Russell (l) created one of the most successful on-court relationships in the history of the NBA. It produced an unprecedented 11 championships.

(AP/File Photo)

## Bill Russell documentary delves into Civil Rights leader's ugly history in Reading

By PAT BLAIS

For one evening in the spring of 1963, Reading's most famous citizen let down his guard and dared to believe that he and his family would finally experience what it felt like to be accepted by their neighbors.

Having moved to Reading six years earlier after the birth of his first child, the late William "Bill" Russell, who had just led the Boston Celtics to their sixth NBA championship in a seven-year span, stirred with emotion upon being feted by 500 of his fellow citizens during a heralded "testimonial" dinner.

But as detailed in a new film released by acclaimed filmmaker Sam Pollard, the basketball superstar's joy at finally feeling at home in Reading would certainly be short-lived.

The special 1963 testimonial dinner at Reading Memorial High School, attended by Celtics teammates like K.C. Jones and Tom Heinsohn and featuring a roast beef dinner, capped off "Bill Russell Day" celebrations that had been demanded by a vote of Town Meeting attendees a few months earlier. As a front-page cartoon in the af-

ternoon edition of The Reading Chronicle explained on the day of the dinner on May 16, 1963, the special recognition aimed to prove to the Main Street resident that Reading is "his town today!"

Russell, who had up until that point never felt truly accepted in his adopted home, was visibly moved by the occasion.

"One of the greatest achievements a man can attain is to be called a friend. You said this to me tonight. I appreciate it. I really do," said Russell, who attended the event with his first wife, the late Rose Russell.

"I thank each and every one of you. This is something I'll always remember. I only hope I can lead a life to make you always feel this way about me," the guest of honor later remarked to the crowd, according to a news account published a day later in The Reading Chronicle, a sister publication of The Middlesex East.

The Celtics superstar, now widely considered one of the NBA's greatest players of all-time, would certainly fulfill his end of that bargain. Capturing five more basket-

RUSSELL TO A-12

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## TASERS FROM PAGE 1

pursuing the Buzzell Senior Center or the 4th of July building as other options. Lawrenson replied that she could include those two buildings in their scheduled walkthrough at the high school and would provide the recommendations out of that. If possible, she would suggest using both the Senior Center and 4th of July building, one for each precinct whose site needs moving.

She said she'd be back to present with more information at the board's second meeting in March.

Lawrenson also informed the board that she recommended to the town manager that the town not opt out of early voting by

## Police chief doesn't see issue with existing tasers

mail but continue this convenience for residents. "I personally agree with keeping every option available for people to vote," O'Connell replied.

The board then voted to appoint the election workers, which was another of Lawrenson's requests.

They took up the Salute to Service that night to honor resident and veteran Frederick H. Hogan Jr., who served in the U.S. Army in Vietnam. O'Connell referenced his awards including the Vietnam Campaign medal and a bronze star. She thanked him for his service to the country and the community.

Hull wrote three memos to the board that night. One notified them of a five percent increase in COLA for retirees and beneficiaries from the Middlesex County Retirement System. Another informed them of the required test for town employees to complete conflict of interest training.

The remaining memo concerned the Wilmington Police Department's taser agreement. The vendor was offering either a trade-in opportunity to get the newest of the current version of 51 tasers provided, or a credit of \$54,000 toward the latest version of 51

tasers.

It was clear that the original understanding of the town was incorrect, where instead of receiving all of the agreed upon tasers at the same time, they received 51 five years ago which they could now replace.

The board was confused by the offer and about whether a contract was in place. They wanted to make sure that the town received what they paid for. They asked what the cost of the latest version would be in order to ascertain the price that the credit would get them. They also wondered if the

department liked these tasers or if they'd want to switch vendors.

The board also suggested that the credit might just be a gimmick or sales ploy.

Without knowing all of the answers that night, Hull assured the board that Police Chief Joe Desmond didn't see any issue with the existing tasers and that they didn't need to be replaced strictly every five years.

"They're not going to expire... they have the potential to become less effective," he described.

They approved requests from Susan Tingdahl to

use the Town Beach for Easter morning sunrise service and Jamie Bornstein to use the municipal parking lot for a fundraising car wash on Aug. 27. They also approved the appointment of Brian Randall to Constable.

During public comment, resident Frank West suggested that the board start a list of other buildings in town that could use work and slowly incorporate those into the budgets moving forward. He also proposed moving the historical items from the Harnden Tavern into other buildings such as the Buzzell Senior Center.

The next Select Board meeting will be March 13 at 7 p.m.

## Articles deal with school, library issues

BOS FROM PAGE 1

tems; mobile computers; a stainless-steel salter, laser grater attachment, and leafbox attachment for the highway department; replacing the Boutwell playground; resurfacing tennis courts and turf field carpet; replacing fencing at the library; phasing work at the cemetery; and the sewer enterprise fund of the Public Works Department.

Hull explained the sewer fund money, in the amount of over \$3 million, is mostly the cost of the MWRA assessment.

The next warrant articles propose allocations for replacement of roofing at the West Intermediate School, design work for window replacement at the West, replacing the windows at the Harnden Tavern, replacing the roof at the Carriage House, and renovating the middle school.

While Hull included an

estimate of \$1.1 million for the middle school renovation, he said he was expecting a lower number ahead of Town Meeting to reflect the reduce scope of work.

O'Connell clarified that the town's middle school renovation article, Article 31, would be voted upon before the petitioned article asking for \$1.5 million, and it would be inherent on the public body to navigate the petitioned article as they so choose. Were they both to pass, there would be grounds for reconsideration.

Further articles pertain to updating the schools public address system and voiceover internet protocol, establishing a stabilization account for money from opioid settlements, renaming the library conference room the Christina Stewart room, and setting aside funds for capital stabilization, pension liability, and budget areas in the red.

Caira asked how they got

to the amount of \$40,000 for replacing the roof at the Carriage House. Hull provided that Building Inspector George Hooper received one quote so far which they reflected in the article. Caira shared that the roofs of both the Harnden Tavern and the Carriage House, upon recent inspection, have holes and need replacing. He recalled the town paying to replace the roof at the Harnden Tavern in 2010, which was supposed to last for 30 years but clearly had not.

Hull also explained that the proposed cost for replacing the windows at the Harnden Tavern came from a specialist who developed drawings and specifications.

O'Connell called into question the proposed cost for the window replacement, which she said would be expensive.

Hull then agreed to get a quote for replacing the roof at the Harnden Tavern as

## More candidates sought for election

PAPERS FROM PAGE 1

from 8 a.m. to 8 p.m., at various designated voting precinct locations.

Precincts one, two and three will be voting at the Boutwell School, on 17 Boutwell St., and precincts four, five and six will vote at the Town Hall, on 121 Glen Road.

Those who are unsure of what district they will vote in can check on the Precinct Map on the Wilmington MA website.

Additionally, on the Wilmington MA website are absentee voting applica-

tions as well as instructions on how to complete said forms, as well as application information for voting by mail.

According to the site, signed vote by mail or absentee ballot applications can be mailed to the town clerk at [town-clerk@wilmingtonma.gov](mailto:town-clerk@wilmingtonma.gov).

Voters may also check their registration on the Wilmington MA website. And information for newly eligible residents on how to register to vote is available. Those who still need to register in time for the annual

town election must do so before April 12 in order to participate in this year's race.

Any resident interested in running is encouraged to pull and return nomination papers before the March 3 deadline. Annual town elections, as small as they may seem at first glance, are important to the development and structure of their town and state. Change begins at a local level, and residents are encouraged to be the change they want to see in their community.

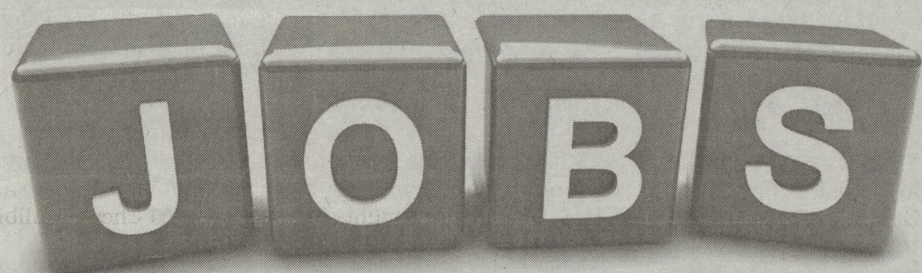
well as the Carriage House next to it. Caira proposed they reallocate some of the money they were proposing to move to the capital stabilization fund toward these projects.

Hull maintained that his intention in moving money

to capital stabilization is to build up reserves for what he referred to as "a boatload of projects" coming up in the years ahead. Caira replied that he saw the town let other buildings fall into disrepair while saving up to pay for schools.

"We all know that the [Wildwood] school is going to need a debt exclusion and an override," he said.

Caira emphasized that other non-school buildings the town doesn't fix now will cost more money to repair later.



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### BURLINGTON

130 Pearl St was sold to Joseph, Patrick by Benyovitch, Oded for \$598,000 on 02/09/23

### LYNNFIELD

2 Olde Towne Rd was sold to Burns, Camila M and Burns, Reid J by Zdanwicz Irt and Lauzw, Lisa for \$795,000 on 02/08/23  
1100 Salem St #95 was sold to Borden, Candice by Lorusso, Anthony M for \$375,000 on 02/09/23

### NORTH READING

34 Brassie Way #34 was sold to Lane Jr, Thomas P and Lane, Margaret S by Favaloro Madeline M Est and Favaloro, Mark J for \$690,000 on 02/08/23  
217 Park St was sold to Mejia, Magaly A and Navarro, Jesus by Lynch Sr, Daniel F for \$519,000 on 02/06/23

### READING

197 Pearl St was sold to Gobaw, Solomon by Elizabeth A Howard Irt and Howard, Robert F for \$565,000 on 02/09/23  
15 Terrace Park was sold to Coveney,

Stephen A and Coveney, Sandra by Glendale Realty LLC for \$1,250,000 on 02/08/23

### TEWKSBURY

95 Decarolis Dr #95 was sold to Schill, Katherine by Orndorff David S Est and Orndorff Jr, Delevan C for \$420,000 on 02/09/23  
36 Dunvegan Rd was sold to Harris, Tyler J and Harris, Erica S by Roy, David J and Roy, Constance A for \$705,000 on 02/10/23  
1321 Emerald Ct #1321 was sold to Medermott, John F by McCarthy, Sara L for \$488,900 on 02/07/23  
21 James St was sold to Slater, Christopher and Slater, Jennifer by Johnson, Daniel O for \$399,900 on 02/10/23  
70 Worthen Pl was sold to Devlin, Melissa and Devlin, Patrick by Field, Gary A and Field, Mary S for \$700,000 on 02/10/23

### WAKEFIELD

263 Albion St was sold to Hernandez, Juan D and Ruiz, Maria J by Barrett, Kristen M for \$764,000 on 02/07/23  
10 Foster St #206 was sold to Pupeza, Phuong N and Pupeza, Justin E by Merchant Thomas C Est and Harrigan, Mary T for \$325,000 on 02/10/23

1 Minot St was sold to 1 Minot St LLC by Palermo David J Est and Muraca, David for \$510,000 on 02/08/23

89 Myrtle Ave was sold to Riskalla, Riad and Riskalla, Nabila by Clifford, Frances C for \$705,000 on 02/08/23

410 Salem St #1104 was sold to Haffner, Edward J and Wagoner, Yasuko by McGovern, Lisa for \$530,000 on 02/08/23

### WILMINGTON

31 Apache Way was sold to Fellaki, El H and Mounni, Nisrine by Cook, Christopher R for \$705,000 on 02/08/23

4 Beverly Ave was sold to Slocum, Alexander G and Bailey, Lydia by Meuse, Kenneth and Meuse, Donna for \$615,000 on 02/09/23

95 Glen Rd was sold to Yu, Fei by Fischer, Lisa and Dumont, Bryan for \$675,000 on 02/06/23

139 Grove Ave was sold to Bajagain, Saroj and Lama, Sabita by Harris, Tyler and Harris, Erica for \$610,000 on 02/10/23

9 Lawrence Ct was sold to Distefano, Salvatore A and Distefano, Lauren J by Churchill, Donald B and Churchill, Flora L for \$512,000 on 02/09/23  
84 Lowell St was sold to Filho, Marcos R and Novaes, Sheyla A by Clancy 3rd, James

H and Clancy, Nancy D for \$562,000 on 02/10/23

168 Lowell St #18 was sold to Manganaro, Paul and Manganaro, Barbara A by 168 Lowell Street LLC for \$634,900 on 02/08/23

232 Lowell St was sold to Scott, Emily E and Leblanc, Darren H by Ducotterd, Fiona E for \$565,000 on 02/09/23

11 Wilton Dr was sold to Orfanedes, Laura B by Pereira, Norma C for \$695,000 on 02/10/23

### WINCHESTER

43 Tremont St #43 was sold to Tan, Chia L and Zhang, Jimmy by Li, Xiangming and Sun, Ting for \$890,000 on 02/10/23

### WOBURN

33 Grape St was sold to Yanez, Andrea C and Diaz, Alberto A by Fernhagan Rt and Fernandes Jr, Stephen C for \$770,000 on 02/10/23

4 Highland St #1 was sold to Malkasian, Harry and Berteau, Holly by Dream Highland Const LLC for \$705,000 on 02/10/23

11 Rumford Park Ave was sold to Guo, Fei by Peta, Lory and Cox, Susan V for \$555,000 on 02/06/23

## RUSSELL FROM A-8

ball championships on the court with the Boston Celtics as a player and player-coach, Russell also became a renowned Civil Rights era leader who bravely spoke out against the scourge of racism despite the very real risks to both his life and livelihood.

However, as detailed in "Bill Russell: Legend", Pollard's new two-part Netflix documentary, Reading's newfound appreciation for the basketball genius apparently lasted just a few weeks.

Specifically, just a year after "Bill Russell Day", the 2011 Presidential Medal of Freedom recipient disclosed to news reporters that he and his wife discovered town residents were circulating a petition to object to his planned move to a larger home on Haverhill Street.

"Less than a month [after the testimonial dinner], the rumor got around that I wanted to buy a house in another part of this town, and the neighbors objected like hell," bristled Russell, according to several articles published in Jan. of 1964. "Well, I don't have to pass inspection by them. Who the hell are they? They only thing I've constantly worked at is being myself."

According to the award-winning director, whose documentary intertwines stories of Russell's athletic exploits with tales of his legacy off the court, his film attempts to capture a snapshot of what life was like for the Celtics great as one of the first professional African-American athletes in Boston.

Pollard, who was amazed to listen to interviews of Russell describing how he and teammates like K.C. Jones dreamed up ways to angle blocked shots to facilitate fast-breaks, also explores the NBA great's incredible basketball genius.

"Him and KC Jones were scientific about how to position themselves on the court and how to block shots. These are really intelligent guys. They had to understand timing and strategy," he said.

Using archival media footage, old interviews with Russell, and excerpts from the father-of-three's autobiography, the film not only highlights the tough-skinned Civil Rights leader's daring determination to leverage his celebrity to effect political change, but also how his exposure to racism drove a seemingly contradictory desire to maintain some semblance of personal privacy in regards to his family life.

"He was one of those athletes who didn't just shut up and dribble. He was an activist," explained Pollard in a recent phone interview. "He was standing up and speaking up at very dangerous times. He would even go down to Jackson, Mississippi, a place that was known for its atrocities towards black men, [to lead a basketball camp following the assassination of Civil Rights leader Medgar Evers]."

The documentary, released in early February, is attracting quite a bit of attention given renewed interest in the former Celtics coach since his death last summer at age 88.

The film also hits the streaming service as Reading wrestles with its own ugly part in the story. Last August, the town's Select Board, responding to news of Russell's passing, issued a proclamation commemorating the life of the former town resident.

At the time, various town officials reported being horrified to hear about the abuses suffered by Russell, who described the Boston area as a "flea market of racism".

"May this be an opportunity for us to reaffirm values of an equitable and inclusive community, and to reconcile an unjust past with the vision of an equitable and harmonious future," Town Manager Fidel Maltez remarked after the former Reading resident's death.

With many in town apparently unaware about the full history around Russell's 11-year residency in town, which abruptly ended more than 50 years ago with his retirement in 1969, Pollard's film delves into a series of incidents where barrels of trash were toppled outside of the basketball stars Main Street residence while he was away on travel. When police allegedly scoffed at Russell's complaint about the incident by claiming "raccoons were responsible", the Civil Rights leader responded by applying for a gun permit.

Detailing a much more blatant form of intimidation, the film also recounts a subsequent burglary where vandals broke into the family's Haverhill Street homestead, spray-painted racial slurs on the walls of the house, and defecated in Russell's bed.

Karen Russell, the basketball great's daughter, would release a full account of those now notorious incidents in a 1987 essay published in the New York Times. Russell, a lawyer who works as a legal analyst and activist, is interviewed at length in Pollard's

documentary.

"The burglars had poured beer on the pool table and ripped up the felt," Karen wrote. "They had broken into my father's trophy case and smashed most of the trophies. I was petrified and shocked at the mess; everyone was very upset. The police came, and after a while, they left. It was then that my parents pulled pack their bed-covers to discover that the burglars had defecated in their bed."

According to the director, though he understands why Reading and Boston resi-

dents may now be ashamed of the way Russell was treated during his time as a Celtic player, no one can truly understand Bill Russell the man without revisiting those experiences.

"Reading is in a different time and place now. We're talking about 50 years ago. People don't want to think about it anymore, because everybody sees him as a legend," said Pollard. "You really have to applaud his courage. He felt like he had to speak up as an African-American during those turbulent times."

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# Wellness & Health



PART TWO

SUPPLEMENT TO THE DAILY TIMES • THE STONEHAM INDEPENDENT • WILMINGTON-TEWKSBURY TOWN CRIER

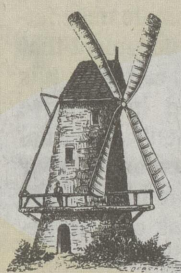
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## Meet some of the staff at Oosterman's Rest Home.



Kate Oosterman  
Administrator



Lauren Oosterman Cossette  
Dietary Supervisor



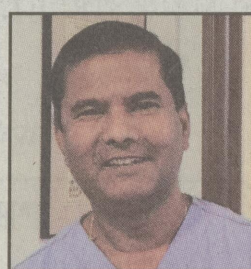
Kay Fernandes  
Nursing Supervisor



Cara Alexis  
CNA



Erin Cameron  
Activities Supervisor



Bhumi Karki  
CNA

The exceptional staff at Oosterman's Rest Home allows us to provide exceptional care for all our residents.



# 5 things you need to know about eye health

(BPT) - As you age, it's perfectly normal to notice changes in your body. You may not be able to move as fast or hear as well. Age also increases your risk of developing wet age-related macular degeneration (AMD), a leading cause of blindness in seniors.

February is AMD Awareness Month, making it the perfect time to learn more about ways you can protect your vision and keep your eyes healthy. Read on for the five facts you need to know about AMD.

1. AMD is the #1 cause of vision loss in seniors

AMD is the leading cause of vision loss and blindness for those over 65 in America, according to the Centers for Disease Control and Prevention. In the U.S., 20 million people are currently living with AMD. The advanced form of the disease may cause foggy or blurred central vision, which is crucial for reading

and driving.

2. AMD progresses in stages

There are two forms of AMD: Dry and wet. Dry AMD accounts for 85% to 90% of all cases. About 10% to 15% of people develop wet AMD. Wet AMD can result in sudden and severe central vision loss, and may cause permanent blindness if left untreated.

3. There are AMD symptoms - but they may not always be noticeable

In its early stages, AMD may not cause any noticeable symptoms. Because AMD typically starts in just one eye, you may not notice any significant change in your vision.

If you experience blurred vision and have difficulty doing detailed work, sewing or reading fine print, you may have AMD. Blind spots may develop in the middle of your field of vision, and it may become hard for you to distinguish colors. Lines

and edges may start to appear wavy - a hallmark for wet AMD.

4. There are multiple AMD risk factors besides age

While age is the main risk factor for AMD, there are others. Women tend to have a greater risk of developing AMD than men. White patients are more likely to lose vision from AMD than Black and Asian patients. You're at higher risk of developing AMD if you're a smoker, obese or have a family history of the disease.

5. Early diagnoses and treatment are key

There is good news: AMD-related vision loss can be significantly slowed if diagnosed and treated early on.

The best thing you can do for your eyes is to get regular eye exams. Make it a habit of regularly visiting your eye doctor so they can track any changes to your

vision over time to keep your eyes as healthy as possible as you age.

Be on the lookout for any signs and symptoms of AMD. If you've already noticed vision changes, talk with your health care provider and get your eyes examined as soon as possible.

Your sight is so much more than just vision - it's how you experience life, remain independent and connect with others. Help



preserve it by staying on top of your eye health. To learn more about AMD, visit [gene.com](http://gene.com).

## The Fuller House Future Funds

Dear Friend,

I am writing to you on the behalf of The Fuller House of Stoneham as we launch our new Charitable Campaign; the Fuller House Futures Fund. We continue to thrive as we approach 100 years of continuous quality care to our senior citizens. What began in the early 1900's as a family's bequest of their home and substantial endowment with the vision to provide for the elderly population has blossomed into one of the finest small Rest Homes in New England.

We extend our request to area community members, businesses and families to become a part of the movement to support the Fuller family's mission to serve aging residents. A tax deductible charitable contribution can be made as a recurring donation, as a memorial with a passing of a loved one or within estate planning.

Our quaint Bed and Breakfast style private bedroom facility is beautifully landscaped and maintained offering 24 hour care. Our affordable rates include three daily home cooked meals and snacks, medication management, assistance with ADL's (daily tasks), activities and additional amenities. The committed staff consistently goes above and beyond to ensure all the residents are well cared for; we truly are a family. Our qualified Staff and Board of Di-

rectors are committed to the ongoing success of The Fuller House; a unique alternative to large corporate facilities.

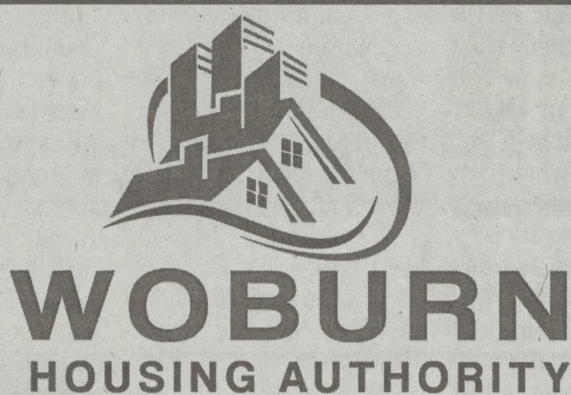
The Fuller House is a private pay facility and strives to continue to offer affordable and modest monthly rates. We also work closely with the Veteran Affairs and PACE programs for families who need financial assistance. The donations received from our new Charitable Campaign will assist in maintaining the quality services that we offer and help to ensure that the mission to care for our elderly continues for many more years to come. I am sure the Fullers would be quite pleased and proud to see that their vision helped so many and remains so strong and vital.

Become a part of our continuing history; donate now and make a difference by giving to The Fuller House Futures Fund. All donations are greatly appreciated and can be submitted to

The Fuller House  
located at  
32 Franklin Street  
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or online at our website  
[FullerHouseofStoneham.com](http://FullerHouseofStoneham.com)

TOURS ARE ALWAYS WELCOMED

Warm Regards,  
Judy Gallucci O'Brien,  
Executive Director  
James Corso,

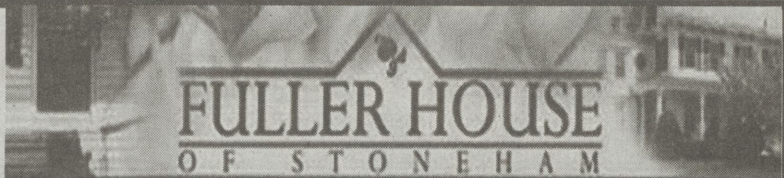


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## Maintaining control over lifetime decision-making and your estate

= By Susan M. Mooney, Esquire =

As a practicing estate planning and elder law attorney for thirty-five (35) years, the best advice I can give to any client is that if you want to maintain control over your future and want your wishes to prevail regarding your future care during lifetime and your post-death estate distribution, then preplanning for your lifetime needs is critical. Establishing simple legal documents does not have to be elaborate or expensive and can save you and your family significant costs and potentially a lot of anguish and crisis planning later.

Further, you will maintain control over who will act in the roles of your decision-makers in the future, in the event you are unable to act on your own behalf during lifetime. Simple planning can protect you from Court intervention and from others, who may not be your

choice of persons to control your future decisions or your estate.

The first step in any estate plan should include documents related to lifetime planning and protections, such as a Durable Power of Attorney and Health Care Proxy. These documents insure that during lifetime an individual's financial and medical needs, intentions and wishes are followed. These documents take care of you during lifetime (while other documents, such as Wills and Trusts relate to division of your belongings and other assets after your death, which is of course important as well, but not as important as taking care of you personally and maintaining control during your lifetime).

The following are suggested planning to be con-

sidered in establishing or reviewing an estate plan to meet your individual goals. IN MY OPINION THE DURABLE POWER OF ATTORNEY AND THE HEALTH CARE PROXY ARE THE TWO (2) MOST IMPORTANT LEGAL DOCUMENTS FOR LIFETIME PLANNING AND PROTECTION TO MAINTAIN CONTROL OVER YOUR FUTURE DECISION-MAKING, however, I have also included other important estate planning suggestions to consider.

1. DURABLE POWER OF ATTORNEY: A Power of Attorney is a very simple and inexpensive legal document that allows you to designate an individual who is authorized to act in your place during your lifetime, to conduct and participate in financial transactions on your behalf. This person,

called your agent or attorney-in-fact, should be able to conduct any financial transaction in your place if you are either unable to do so, or if it is simply not convenient for you to do so, either temporarily or permanently. By executing a Power of Attorney, you avoid the risk of the Court appointing a Conservator to manage your affairs if you were to become unable to do so.

2. HEALTH CARE PROXY: The Health Care Proxy is the single most important legal document that any individual can have. It is a simple and inexpensive legal document that appoints the person of your choice as your health care agent, to speak on your behalf for medical decision-making ONLY in the event you are not legally competent or conscious to do so. It is important to name agents to avoid a Court appointed Guardianship, which is costly and can take weeks or months when a decision might be needed urgently.

3. HIPAA RELEASE: Separate and apart and in addition to a Health Care Proxy, a HIPAA release will allow your medical team to release information to those you name on the HIPAA release, whether you are competent or not at the time. Remember the Health Care Proxy will ONLY allow the release of information to your Health Care agent in the event you are not competent or conscious.

4. WILL: Determine if you need a new Will, or if you need to update or amend a current Will so that your post death wishes will be followed regarding distribution of your estate.

5. TRUSTS: Determine if a Trust is right for you. A Trust may be advisable if there is a specific need for holding assets in Trust, such as protecting assets for minor children or disabled individuals, or to avoid probate, or for tax planning, or in some cases an Irrevocable Trust for long term care planning.

6. BENEFICIARY DESIGNATIONS: Review and update all assets that allow you to designate a beneficiary, such as Life Insurance, Annuities, IRAs, 401ks, Retirement plans, etc. Assets with beneficiary designations are NOT controlled by your Will.

7. REVIEW OWNERSHIP OF BANK AND INVESTMENT ACCOUNTS:

Bank accounts and investment accounts generally allow for PAYABLE ON DEATH (POD) or TRANSFER ON DEATH (TOD) designations. This form of ownership is generally advisable, as opposed to adding children or other relative's names to joint ownership on your accounts. Joint ownership is generally ill advised, since your assets would then be exposed to the risks of other joint owners, such as their accidents, divorces or other financial risks and liabilities.

8. LONG-TERM CARE PLANNING: Is there any planning advisable or recommended for you in case long-term care is needed or imminent? While pre-planning is advised, in the long-term care category many folks believe that planning must be completed five (5) years prior to the need for long term care.

However, that is NOT al-

ways the case. Often planning can be beneficial even at the last minute when someone is already in nursing home care.

DO NOT PRESUME IT IS TOO LATE FOR LONG TERM CARE PLANNING IF YOU DID NOT PLAN FIVE (5) YEARS IN ADVANCE.

Remember that every individual's situation is unique, whether related to assets, health issues, or family situations. It is important that you receive personal advice related to your specific situation and estate planning needs from qualified professionals.

Nothing contained in this article is intended as legal advice specific to your personal situation. Please consult an estate planning or elder law attorney of your choice to review your personal planning and circumstances.

About the author: Attorney Susan M. Mooney, is a partner in the law firm of Dalton & Finegold, LLP. She has been a practicing attorney for thirty-five (35) years. She received her law degree, summa cum laude, from New England Law/Boston in 1987 and undergraduate degree from the University of Massachusetts. She is admitted to practice in Massachusetts State and Federal Courts and the Supreme Court of the United States. Ms. Mooney is a member of the Massachusetts Bar Association and the National Academy of Elder Law Attorneys (NAELA).

For further information about estate planning, visit our web site at [www.dflp.com](http://www.dflp.com). The firm offers legal services in various areas of practice including, Probate and Elder Law, Wills, Trusts and Estates.

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## Can you save \$3,000 in 2023? See what's new for Medicare insurance plans

(BPT) - The countdown is on! The Medicare Annual Enrollment Period ends Dec. 7, and it's that time of year when you can change your Medicare plan (that is if you want to!). Now is the time to evaluate your current plan and see if it's still a good fit.

This year, the top carriers have added several new benefits, making 2023 a good year to find a new Medicare Advantage plan. Here are just a few highlights from the nation's top insurance carriers.

### United HealthCare

- \* National rollout of their UCard, which combines customers' membership cards with their shopping benefit into one integrated card

- \* Up to \$3,600 to spend on over-the-counter items, groceries, even utilities

- \* Enhanced dental benefits on 96% of their Medicare Advantage plans, which covers all non-cosmetic dental care including dentures and implants, and no out-of-

pocket costs up to the annual coverage limit on most plans

- \* \$0 co-pays when visiting your primary care doctor

### Cigna

- \* Cigna Healthy Today flex card will be available to all plans. The card combines additional benefits and incentives to earn money, up to \$200, for wellness activities

- \* 25% more plans have the Part B premium rebate benefit, with up to \$130 added back to a Medicare customer's Social Security check every month

- \* At least one \$0 monthly premium Medicare Advantage plan in every market

### Humana

- \* Health Option Allowance of up to \$3,300 per year will be available for most Dual Medicare Advantage members to spend on things like rent, groceries, utilities, over-the-counter items and more

- \* 73% more plans that offer Part B premium give-back

- \* Comprehensive dental benefits on some plans with a yearly allowance of \$500 or more

- \* 78% of new plans have \$0 monthly premiums

### WellCare

- \* \$0 monthly premiums, \$0 or low co-pays for primary care physicians, and \$0 lab and X-ray services on most MA plans

- \* Up to \$1,000 Flex spending cards are available on many plans for dental, vision, and hearing benefits on some MA plans

- \* All Part D plans will include \$0 tier 1 (most generic) drugs when filled at preferred pharmacies

- \* Amazon is now a preferred pharmacy provider

### Aetna

- \* Aetna Medicare Extra Benefits Card is a prepaid debit card for over-the-counter items, groceries, utilities and transportation

- \* 95% of MA plans will include dental benefits, which include preventive and comprehensive dental services and allows the member to choose any licensed dentist, in or out of network

- \* Healthy Rewards Program encourages plan members to improve their health and well-being by rewarding them with \$150 or more on personalized activities

With so many new benefits for 2023, it may be overwhelming to choose which plan is right for you. The caring, licensed agents at ClearMatch™ Medicare are patient and helpful, and will check to see if plans with these new benefits are available in your area. And, if they find you are already in a great plan, they'll tell you so. If you'd like help, call 1-888-921-1286 (TTY:711) for a free Medicare review, Monday-Friday, 9 a.m.-9 p.m., Saturday, 9 a.m.-6 p.m. (ET) or visit [clearmatchmedicare.com](https://www.clearmatchmedicare.com), open 24-7.



### Element Care / PACE

## When it comes to supporting seniors, choosing care is personal

No one likes to be in a position of asking for help, but as we get older, most of us have to get comfortable accepting assistance. That help might be cobbled together from family and friends, paid staff or the community. When your support system is loosely organized, it can all fall apart if the usual help isn't available, or when you temporarily need extra support, like after surgery.

The question is, how can you get the right amount of reliable help without giving up the independence that you value? Consider PACE, like the Element Care PACE program that operates in more than 40 towns across the North Shore and Merrimack Valley. PACE stands for Program of All-Inclusive Care for the Elderly, and it certainly does include a lot of different kinds of support for older adults who need extra help but want to keep living in the communities they call home.

A big part of what makes Element Care PACE unique is the healthcare. Rather than chasing referrals and appoint-

ments all over town, all of your doctors, specialists and visits happen through Element Care's network. They have all the bases covered, including dental, vision, and hearing, as well as mental health, nutrition, and physical and occupational therapy. When you're in the program, all these health services are included and available when you need them.

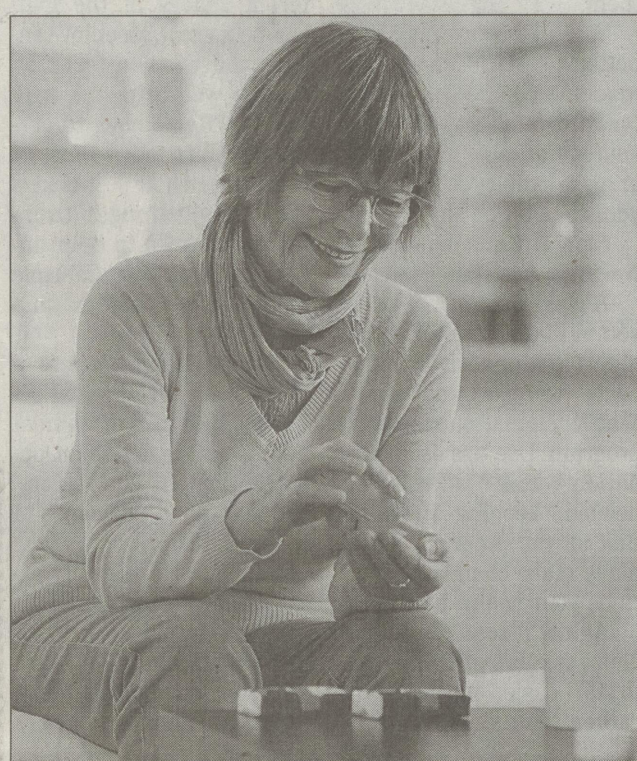
Like so many aspects of life with PACE, your healthcare is personalized based on what you need. If you need services at home, you can get help with your meals, personal care or housekeeping. For folks who want to get out and about, one of the best parts of the program is everything that's going on at the Day Centers.

Element Care's centers in Lynn, Gloucester, Beverly, Methuen and Lowell are a bustling hub of activity every day, with safe transportation provided. Besides being the location for most of your health services, the Day Centers are where other seniors gather to socialize, enjoy meals together, exercise,

and take part in any number of activities from cards and games to crafts and dancing. At the end of the day, you get to go home to your familiar surroundings.

More help is something we all need as we get older, but getting the support you need is a personal choice. When your independence is at stake, you need a reliable system that's personalized for your lifestyle. With a program like Element Care PACE, participants get to enjoy the best of both worlds: true independent living, at home in the community, along with highly personalized and all-inclusive care for all the important things. When you can count on help like that, you can get back to enjoying your independence without relying on friends or family for every little thing.

If you or a loved one could benefit from PACE at Element Care, call today to talk to their knowledgeable staff and find out if you qualify at (877) 803-5564 (TTY 711). Or, learn more online at [elementcare.org](https://elementcare.org).



## Only one pill a month? Breakthrough may reinvent medicine

(BPT) - Imagine a world where you could toss out your daily pill box and simply take a single pill that would deliver a week or month's worth of medicine. A world where you wouldn't have to worry if your loved ones remembered to take their pills each day; where instead, adhering to medicine was a once-a-week or once-a-month proposition.

The good news is that science is very close to making long-acting oral pills a reality, thanks to a new, breakthrough drug delivery platform designed to deliver multiple days' worth of medicine in one dose.

For two-thirds (66%) of Americans, prescription drugs - particularly daily pills - are necessary to maintain their health.[i] Yet taking these pills - often at different times throughout the day - can be difficult for both patients and caregivers who assist those they love with following medical instructions. In fact, a survey of more than 1,600 adults found that up to 60% of patients and caregivers said they struggle with adherence (taking pills as prescribed).[ii] Daily compliance can be especially challenging for people taking multiple medicines and those with neurological or mental health conditions that cause them to forget to take their medicines.

"We know that nine out of 10 patients prefer oral pills to other forms of medication delivery,[iii] but long-acting pills haven't been possible for most medicines - until now," said Rich Scranton, M.D., M.P.H., Chief Medical Officer at Lyndra Therapeutics. "Lyndra's LYNX,Ñe drug delivery platform has the potential for broad applicability across multiple oral therapies - including approved drugs and those currently in development."

The LYNX,Ñe platform is designed to deliver long-acting therapies within a standard-sized oral capsule. The capsule includes drug-containing "arms" that are designed to deliver medicine steadily for the desired dosing period.

In a recent survey conducted by Lyndra, 80% of patients said they found the concept of an oral weekly pill appealing due to its ability to simplify their lives and make taking medicines easier to remember,[iv] said Scranton. "By replacing daily pills with long-acting oral therapies that are designed to deliver up to a month's worth of medicine, the LYNX,Ñe platform has the potential to improve medication adherence, positively impacting the risk of relapse, hospitalization and other negative health consequences."

Lyndra's LYNX,Ñe platform is being studied in multiple therapeutic areas. Pivotal clinical trials for the LYNX,Ñe platform with risperidone in people living with schizophrenia are planned to initiate within the next quarter. Phase 1 trials investigating the LYNX,Ñe platform for ivermectin (to aid in malaria eradication) recently began, and additional studies are planned for the near future for opioid use disorder, women's health and cardiometabolic medications.

## We believe your best years are ahead.

(Of course, your past years were pretty good too.)



Element Care PACE helps you live independently in your community

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- **Nearby day centers with transportation, meals & social activities**

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**Element Care | PACE**

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No cost for MassHealth and Medicare eligible. Contact us for Medicare only and private pay options. Participants must receive all health care, primary and specialist physician services - other than emergency services - as authorized by PACE or be fully and personally liable for costs of unauthorized services.



# New senior living community, The Delaney at the Vale, to open this summer off I-93

Woburn, Mass. — Woburn will soon be home to a brand-new senior living community. The Delaney at The Vale, a 62+ community scheduled to open this summer, features contemporary independent living, assisted living and memory care residences. The community will include three connected buildings complete with high-end amenities, upscale concierge services and on-site parking.

The Delaney is managed by Life Care Services®, an LCS® Company, which was recently ranked highest in customer satisfaction with independent senior living providers for the fourth consecutive year in the J.D. Power 2022 U.S. Senior Living Satisfaction Study. The Delaney at The Vale was de-



**Amy Murray,**  
Executive Director



**Kelly Brosch,**  
Dir. of Sales & Marketing



**Diane Robinson,**  
Community Relations

signed by Boston-based architect DiMella Shaffer, which has been designing senior living communities for over 30 years.

"We're excited to be able to offer active adults the highest quality of life in a

warm environment where they can thrive," says Executive Director Amy Murray, a 10-year veteran in senior living who was born and raised in New England.

Murray is supported by

Rowley resident Kelly Brosch, Director of Sales & Marketing, who brings two decades of sales and marketing experience to The Delaney, and Diane Robinson, Community Relations Specialist, who has helped

residents and their families through the transition to senior living communities for more than a decade.

"The community has set a new standard for exceptional living in our area. I can't wait to share this experience with our Founders Club members, potential residents and area professionals," Robinson says.

Located just west of I-93 at Montvale Avenue, The Delaney is part of The Vale, the master-planned redevelopment of the former Kraft Atlantic Gelatin Facility, which closed in 2015. In addition to The Delaney, The Vale offers new retail and office space, new landscaped areas and walking paths, preservation of 28 acres of undeveloped land, restoration of nearly 15,000

sq. ft. of wetlands as well as a new connection between the site and the existing Tri-Community Greenway.

The Delaney is currently accepting a limited number of priority reservations in advance of its opening. Depositors will join the community's Founders Club, which offers choice of preferred location and floor plan, discounted pricing, complimentary moving services and other exclusive benefits. Those interested in learning more about The Delaney are invited to call 781-350-5691 or email [life@delaneyatthevale.com](mailto:life@delaneyatthevale.com) to schedule an appointment at the community's information center, located at 7 Hill Street in Woburn.

## Interested but intimidated in joining a gym?

(BPT) - You know staying active is important, especially as you age, so you're considering signing up for a local gym. The problem is, a gym can be intimidating! If you've put off joining a gym for this reason, here's what you need to know to feel comfortable and confident.

### Exercise and healthy aging

Exercise is part of a healthy lifestyle at every age, but it is particularly important for seniors. Why? Sharlyn Green, a national trainer with SilverSneakers, says it goes beyond physical wellness.

"Regular exercise can help you maintain a healthy weight, boost your memory and decrease the risk for some diseases such as Type II diabetes and cardiovascular disease," she said. "It can help you stay independ-

ent and able to keep doing the things you enjoy. It's time to bust the misconception that gyms are only for younger people and fitness enthusiasts. Gyms are for everyone, no matter their age or abilities."

To help everyone feel comfortable and confident as a new gym member, Green recommends these steps:

#### Step 1: Get a tour

Have someone who works for the gym show you where everything is. Don't expect to understand immediately what it all does or how to use it. You're simply establishing baseline knowledge so you can build your experience from there.

Remember, don't be afraid to ask questions during or after your tour. Employees at a good gym will take an inclusive approach and be happy to help you by

clarifying information or guiding you appropriately.

#### Step 2: Request a training program

People new to gyms typically get the best results from a personalized program created by a trainer. Print out the program for reference and to record what you do - which machines, how much weight, how many times you lift, etc.

Another option: For those who want a hybrid approach of working out at home or in a gym environment, participate in live, instructor-led and on-demand virtual classes and use the SilverSneakers-Æ GO mobile app to get workout programs you can tailor to your fitness level and track your progress. There you can access live options for people who want a hybrid approach of working out at

home or in a gym.

#### Step 3: Know the exercises in your program

It's important to know where the equipment you need is and how to use it. Work with a trainer if you have questions. This person can guide you on proper techniques so you get the most out of your workouts and prevent accidents.

Understanding the equipment and gym etiquette is important for your safety and others'. For example, you don't want to unintentionally walk into someone's workout space and cause them to trip, fall or drop heavy weights.

#### Step 4: Learn how to adjust machines

Understanding the purpose of a machine is the first step, then you need to know how to adjust it to fit your needs. Depending on your height, weight, fitness

level and goals, you may need to adjust certain machines every time you use them.

When in doubt, ask. It's better to pause and use a machine correctly than go forward and risk hurting yourself or others. A trainer or gym employee can help you, so don't be shy.

#### Step 5: Know how much weight or resistance to use

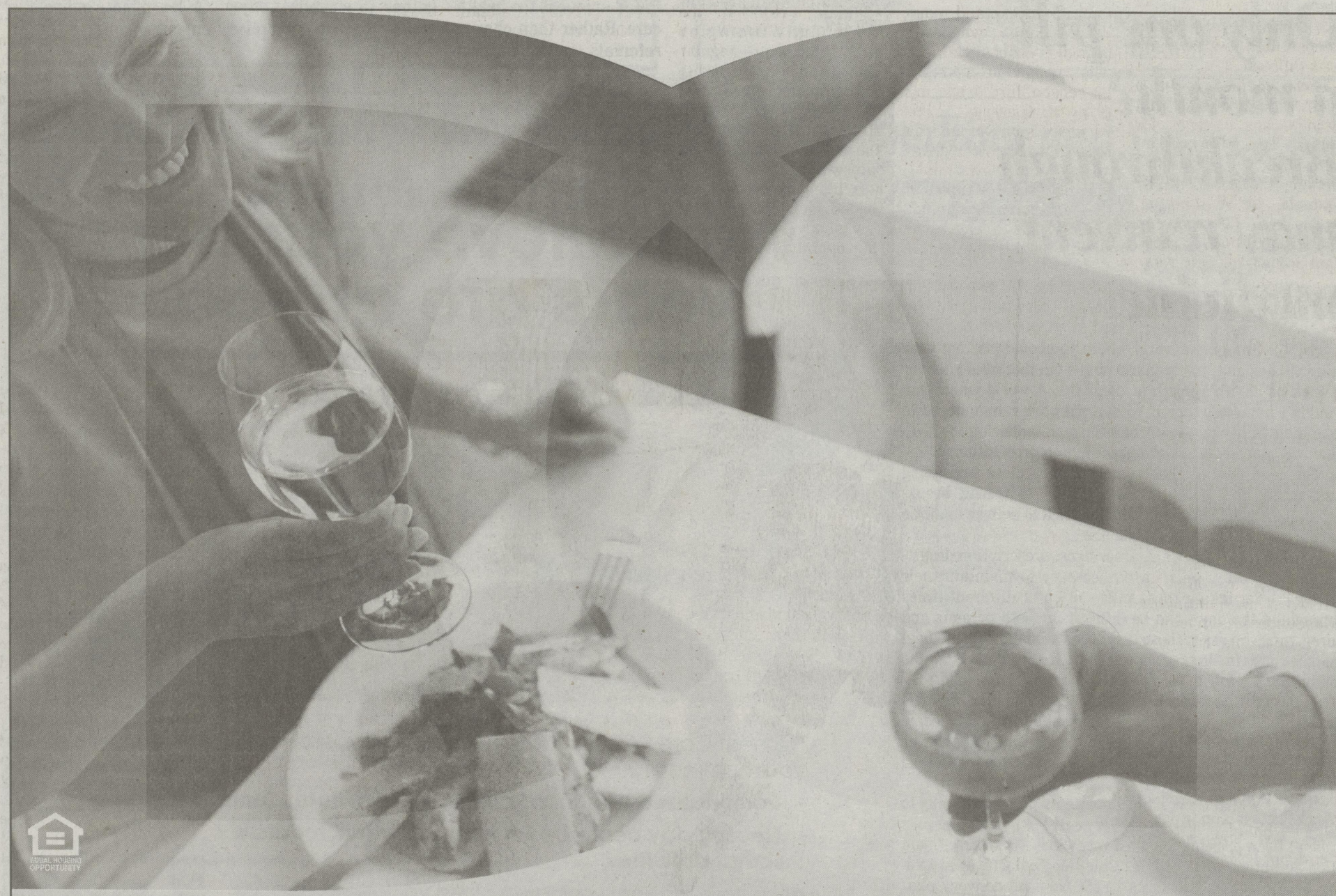
A good trainer will guide you in finding the appropriate weight or resistance for each exercise and share that information in your program. Use this as a foundation and adjust as needed, keeping in mind that as you progress, you'll likely make changes to continue your health journey.

Again, if something isn't clear, ask. It's always better to start easier and adjust up rather than start too diffi-

cult and risk hurting yourself.

"The machines and different spaces at the gym can be a great asset for seniors who want to focus on their well-being," said Green. "Remember to create a well-rounded workout routine that includes stretching, strength training and cardio to help improve flexibility, muscle mass, heart health and much more."

SilverSneakers offers a broad range of physical activity, mental enrichment and social engagement opportunities in 2023. Members can go to thousands of fitness locations across the nation, plus take group exercise classes designed for seniors and led by supportive instructors. To learn more or check eligibility, visit [SilverSneakers.com](https://www.silversneakers.com).



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Junior goalie ready to lead Girls Hockey team in playoff run

# Sainato saves the season

By DAN ZIMMERMAN  
Sports Correspondent

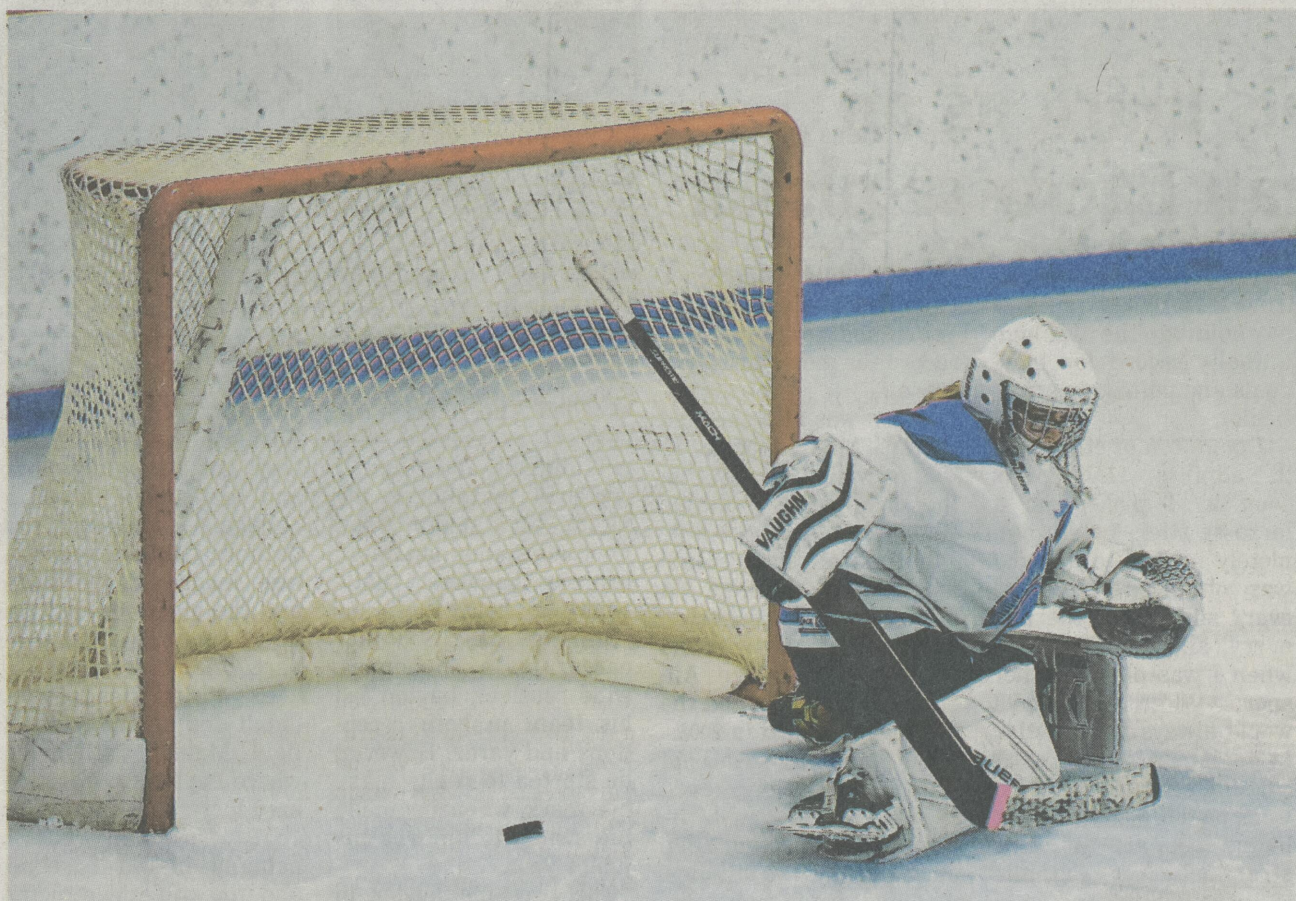
sports@yourtowncrier.com  
STONEHAM/WILMINGTON — In organized high school sports, there are few players who are truly indispensable. A quarterback in football typically has a backup or two waiting in the wings, and behind every baseball pitcher, an entire group of hopefuls is queued up to claim the job. But a talented hockey goaltender, particularly in the case of many of today's girl's programs, is often irreplaceable.

Wilmington's junior goalie Maddie Sainato is irreplaceable.

For the past two years, Sainato has been the backbone of Stoneham-Wilmington girl's hockey team and before the program transitioned to the current cooperative format, she perfected her craft as a freshman with the Wilmington Wildcats. Time and again, Sainato has stonewalled some of the top goal-scorers in girl's ice hockey and in many close games, kept her team in range.

"Maddie often kept us there when we didn't belong," said Stoneham-Wilmington co-coach John Lapiana, who first met Sainato as a fourth-grader and began coaching her when she joined the Wildcats as a freshman. "She is a very serious hockey player and comes ready to play. But she's also really fun to work with, is spirited, and keeps it light even when it gets difficult."

There seemed to be a team-wide consensus that Sainato has a knack for taking the edge off of stressful situations. Senior Captains Gabby Daniels, of Wilmington, and Ava Krasco, of Stoneham, both agreed that Sainato's locker room



Wilmington High junior Maddie Sainato has been 'irreplaceable' for Wilmington/Stoneham Girls Hockey team over her brilliant career. The team will open the Division 1 state tournament with a game against Pope Francis of Springfield on Saturday night at 8 pm. (photo by Bob DeChiara).

presence is something to behold.

"Maddie brings a lot of laughs into the locker room," said Krasco, who scored the game-winning overtime goal in the first round of the recent Inclusion Cup Tournament. "Maddie is always positive and has a good mindset, whether we're winning or losing."

"She's always been there to crack a joke and make people laugh whenever needed," echoed Daniels, who wrapped up the regular season third in scoring (9 goals, 9 assists). "But when she's on the ice, she knows how to switch gears and go into game mode. Since she first stepped in the rink as a freshman, Maddie has always had such a positive influence

and has been a great teammate."

"She's such an endearing young woman," said Lapiana. "She's enjoyable to be around even on the worst days. Her personality is like none I've ever seen and she's a fun kid to coach. Not many pucks get by her and she is so laser-focused, she even stops most shots in practice."

Sainato, 16, led the Stoneham-Wilmington girls to a 13-6-1 regular season finish compared to wrapping up last year at 8-11-1 overall. In the 2022 MIAA Division 1 Tournament that followed, she was unwavering in net, helping her No. 22-seeded club upset No. 11 Tewksbury/Methuen in the opening round, 2-1.

Unfortunately, last year's playoff visit was short-lived, as Stoneham-Wilmington was eliminated in the Round of Sixteen by a powerhouse No. 6 Shrewsbury program, 5-1.

"My favorite memory was beating Tewksbury/Methuen in the first round of the playoffs last year," said Sainato. "We were the lower seed but pulled off a win by playing as a team. My least favorite memory would be the season-ending loss and the end of my sophomore year in high school. We grew so much as a team and had a great season."

Sainato comes from a long line of award-winning athletes. Her five generation lineage includes great-great

grandfather Leo O'Connell, Sr. who was one of the original members of the Wilmington Speed Skaters Club, her grandfather Leo O'Connell III, and her uncles who were all speed skaters and played high school hockey in Wilmington during the sixties. Sainato's Aunt Judy O'Connell played WHS field hockey, basketball, and softball and later contributed to a National Championship with Merrimack College softball. Her Aunt was eventually inducted into the Wilmington Hall of Fame and was named Female Athlete of the 90's decade by the Town Crier. Her grandfather on her father's side, Paul Sainato, played at Malden

Catholic and Providence College and coached at Somerville and Bedford High Schools.

"My Grampa Leo was also a goalie and he used to run a men's league at the old rink on Andover Street," shared Sainato, whose brother Colin graduated from Shawsheen Tech and is currently enrolled at Wentworth. "Many of my cousins played hockey at WHS in the 80's and 90's. My dad played at Maitgnon and coached youth teams. I've been very lucky to have all their coaching and support along the way."

Sainato began skating at the typical age of five and soon joined organized hockey in the Wilmington Youth Program. Her parents David and Shelley supported her quest as she learned to skate, as well as tend goal. Sainato's extensive hockey resume included playing with boy's hockey through eighth-grade, Wilmington Youth Hockey girl U10-U14 teams, and for the last six seasons, the North Shore Vipers. Her current off-season pursuits include the Vipers and Stoneham U19 girl's team.

Like most of her Wilmington teammates, Sainato had concerns when the decision was made to combine forces with Stoneham two years ago.

"When we found out we were combining with the Stoneham girls, I was sad that we didn't have enough girls for our own team," recalled Sainato, who had earlier skated with teammate Krasco on the Vipers U12. "Stoneham had been our biggest rival. As the first season approached, we did a lot of team bonding

SAINATO B6W

## Wildcats to face old rival, Masco

By JAMIE POTE  
Sports Editor

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If you are a longtime fan or historian of the Wilmington High School boys' hockey team, you still to this day remember vividly the Wilmington-Masconomet Division 2 semi-final playoff game back in 1999.

Down 2-0 just 2:30 into the game, the Wildcats came back to tie it up, before sending the game into overtime. That's when Hall of Famer and current assistant coach Mark DiGiovanni took a shot and the rebound came out to his linemate, great friend and fellow Hall of Famer Justin Vallas, who while off balance, took a whack at the puck which was in mid-air, and it found its way into the back of the net.

That goal set off a wild celebration. That goal ended what will forever be described as one of the all-time greatest games the Wilmington High School boys' hockey program has ever been involved in. Besides the comeback and the dramatic overtime goal, that game featured two rivals, who did not like one another, who for 53:19 played a tremendously physical and ferocious game against one another.

The two former Cape Ann League teams then met in another terrific



Wilmington's James Caples settles the puck with teammate Owen White looking on during an earlier season Boys Hockey game. (photo by JoeBrownphotos.com).

battle in the second round of the 2011 playoffs when Dalton Rolli scored the game winner, also coming in overtime.

Now fast forward 24 years from that first battle and 12 years since the second battle, and the two teams locked up horns again on Wednesday night in the first round of the Division 2 statewide tournament. The No. 19 Wildcats (8-9-2) traveled

to the Valley Forum Arena in Haverhill to take on the No. 14 Masconomet Chieftains (11-9-0) with results not known as of presstime.

The winner of the contest will play the winner of No. 3 Canton (17-4-0), who was defeated by Tewksbury, 3-1 in last year's state championship game, and No. 30 Medford (11-8-1) with the day, time and location to be

announced.

Last year Wilmington lost in the first round of the tournament to another former Cape Ann Leaguer rival, Newburyport, 3-0. There were no playoffs in 2020, so back in 2019, the 'Cats upset No. 4 seed Marblehead, 3-1, before falling to Triton Regional, 3-2.

Additional coverage of the team B8W

## Girls Hockey team will be challenged in first round

By DAN ZIMMERMAN  
Sports Correspondent

sports@yourtowncrier.com  
SPRINGFIELD/STONEHAM — For the second consecutive season, the Stoneham-Wilmington girls will venture into territory typically reserved for the best-of-the-best, joining the sport's high school elite in the 2023 MIAA Girls Ice Hockey Division 1 Tournament.

First on the playoff docket will be an opening round matchup pitting No. 19-seeded Stoneham-Wilmington against No. 14 Pope Francis, which is a preparatory school located in Springfield. The game will take place at the Amelia Park Rink in Springfield on Friday at 8 p.m.

Pope Francis wrapped up the 2022-23 regular season with a 13-6-2 overall record and claimed second in the Central/West A League. Despite the fact that Pope Francis is situated in far-flung Western Massachusetts, this team is well-traveled and no stranger to Greater Boston Hockey, the South Shore, and Cape Cod.

At the outset of the campaign, the Cardinals opened with back-to-back games against Dennis-Yarmouth and Nauset Regional. They visited St. Mary's in Lynn, Notre Dame Academy in Hingham, Beverly-Danvers in Beverly, and faced Maitgnon at the Stoneham Arena.

Most recently, Pope Francis split the Newburyport Bank Classic, losing the tournament-opener to Shrewsbury but defeating Norwell in the consolation game in their regular season finale.

Stoneham-Wilmington closed out the season with a nearly identical mark of 13-6-1, taking second in the Middlesex Freedom League, just behind Burlington. Last week, SW took home the hardware in the two-day Framingham-based Inclusion Cup Tournament, defeating Auburn in overtime, 4-3, and then claiming the Championship with a 3-1 triumph over host Framingham.

Stoneham-Wilmington trailed Auburn, 1-0, after the first period but came back to tie it early in the second on Lily MacKenzie's 25th goal of the season, from Katelin Hally and Isabella Shirlcliff. Auburn recaptured the lead before the break. In a seesaw battle, the combatants traded goals. Hally notched a pair, her 15th and 16th, both from MacKenzie, including a power play score with 5:11 remaining in regulation that sent the 3-3 game into overtime.

"In the overtime and skating four-on-four, our strategy was to start with Lily and Katelin and scare

HOCKEY B7W



# Malden Catholic to induct Layton Brothers into HOF

## Ryan still ranks third all-time in total rushing yards

By JASON COOKE  
Sports Correspondent

When Sean Layton was a freshman at Malden Catholic High School in 2002, he left behind an athletic legacy for the ages.

On Saturday, his athletic career and achievements will be put on display when he will be inducted into the Malden Catholic

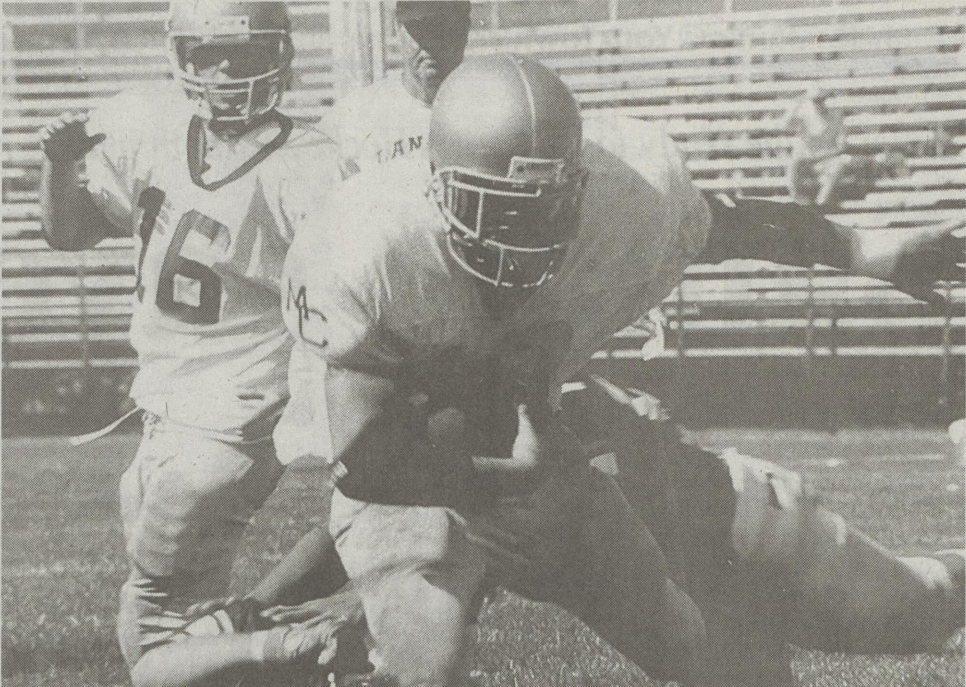
Athletic Hall of Fame.

"It's such a prestigious honor to be thought of and inducted and I'm humbled and appreciative to have my name in that running," said Layton.

The Town Crier's Male Athlete of the Year in 2001 was a triple threat at MC—whether it was on the football field, the lacrosse field, or the hockey rink, Layton was a star.

As a senior, the Wilmington native was a three-sport captain as well as a three-sport All-Star in the prestigious Catholic Conference. Despite dominating in all three sports throughout his time as a Lancer, Layton always looked forward to being on the gridiron.

"I'm a football guy, that's where I feel I



Ryan Layton, shown here during his football days at Malden Catholic, will be inducted into the school's Athletic Hall of Fame this Saturday night. (courtesy photo/MC).

## Sean left his mark as an All-American Lacrosse player

By JASON COOKE  
Sports Correspondent

When Sean Layton was a freshman at Malden Catholic, he didn't know one thing about the sport of lacrosse.

Little did he know, picking up a lacrosse stick would not only open his doors to Division 1 college athletics, it would become a contributing factor to why he is being inducted into the Malden Catholic Athletic Hall of Fame.

The 2003 graduate and Wilmington native was a three-sport force in lacrosse, football, and hockey, being named a Catholic Conference All-Star in all three sports his junior and senior year.

"It really hasn't hit me to be completely honest," said Layton of Saturday's upcoming induction. "That was never really a thing that I was striving for. You don't really sit there and say hey, 'I'm doing this to be in the Hall of Fame'. I was just trying to win games in high school and if this is the byproduct to it, awesome."

National High School All-American in 2003 as well as holding the Malden Catholic record for most goals and points as a midfielder.

"I put a ton of effort into it," admitted Layton. "As soon as I picked up a lacrosse stick, I was completely hooked to it and I was obsessed. I played every single day, literally every single day. Even when I was playing other sports, I'd go home and I would always have a stick in my hands."

It's safe to say his hard work paid dividends. After being a part of four straight Catholic Conference Championships, the senior captain received a Division-1 scholarship to play lacrosse at the University of Vermont.

"It also helped a lot that all four years our lacrosse team was unbelievable," he said. "We had kids who were just as good who also pushed me to keep going just because I was like hey, I might be able to do something with this if we're this good."

2003 Catholic Conference Offensive Player of the Year holds the school record for most yards in a season.

Layton was also selected as an All-Scholastic in 2003 as well as the MVP in the Shriners Classic Game.

On the ice, Layton's ability was no different. A four year varsity skater, Layton was a two-time Catholic Conference All-Star and was awarded the 7th Player Award in 2003.

To make his Hall of Fame induction even sweeter, Layton will be joined by his brother Sean on Saturday's festivities. A year younger than Sean, it was a no-brainer to follow him to Malden Catholic when it came time to decide on high school.

"I knew I wasn't going to go to Wilmington High just because of my brother," said Layton. "Basically we did that to play the best of the best in high school sports."

"It's pretty special," he said of being inducted with his brother. "I could be wrong, but I don't think that's ever happened before. I think my brother is just as deserving as the award so obviously I'm ecstatic."

As Layton arrived at Malden Catholic, he had his eyes set on playing baseball in the spring.

"I didn't even know what lacrosse was until freshman year. I don't know why I actually chose to go over to be honest because I felt like I was pretty good at baseball, but I was just so active that I needed something more that wasn't as boring as baseball," he said with a laugh.

When the lacrosse coach confronted Layton about giving lacrosse a try, he didn't hesitate.

"He asked me (if I wanted to play) and told me what it was all about and that it was basically all the other sports combined," recalled Layton. "I was like yeah, let's try it and I picked it up quickly."

"Picking it up quickly" is an understatement. From starting his lacrosse journey as a freshman, Layton would soon become a

Through four seasons at Vermont, Layton posted 87 goals and 43 assists for a total of 130 career points.

The team leader in goals his freshman season (26), he ranks tied for fourth all-time in program history for points in a season by a freshman (42) and was therefore named the team's rookie of the year in 2004.

The three-time All New England and America East All-Conference Second Team selection was also selected to the Vermont 40th Anniversary Team.

Growing up in Wilmington, Layton considered football to be his strongest sport, and he was expecting to shine when he got to MC.

"I thought me and my brother were pretty above average in football," he said. "I thought both of us had a good shot at doing something with football."

The three-year varsity player did just that. The

exceeded the most," he said. "I progressed as I got bigger and then I switched to tailback my junior and senior year. Football stands out more to me because that's where my heart is."

Starting his varsity career as a sophomore wide receiver, Layton led his team in both receptions and yards. However, he started to really make his mark when he made the switch to tailback his junior year.

The two-time leader in Catholic Conference rushing logged 1,416 yards as a junior and 1,428 yards as a senior. His 3,155 total rushing yards is third all-time in school history as Layton also totaled 305 yards rushing and five touchdowns in one single game, another all-time record.

Layton's dominance didn't stop on the offensive side of the football; he totaled 81 tackles, seven fumble recoveries, and five interceptions throughout his career. Due to his love and skill for the game, Layton chose to continue his athletic and academic career at Division 1 Wagner College where he was a three-year starter on the football field.

"MC definitely prepared me for that in terms of the type of competition that we played throughout the year," said Layton. "When

you play up against Xaverian and BC High, they got some big boys and that's all I faced in college. I believe the Catholic Conference is the best league in the state and the most competitive in all sports, so that prepared me for (college)."

His athletic endeavors didn't end on the football field. Malden Catholic is where Layton first discovered lacrosse.

"My freshman year I actually played baseball and the athletic director and lacrosse coach convinced my father to give it a go," said Layton. "My sophomore year I went and played lacrosse, and me and my brother (Sean) never played that because that was never offered in Wilmington growing up. I never picked up a lacrosse stick until my sophomore year of high school."

As soon as Layton picked up the stick, he used his athleticism and defensive knowledge from football and hockey to fit right in. Earning Catholic Conference All-Star both his junior and senior season, Layton was part of three undefeated seasons in which the Lancers were crowned conference champions.

As a junior, Layton had ten goals and 12 assists for a total of 22 points while his senior year he was selected as the 2002

Catholic Conference Defensive Midfielder of the Year.

"I like to consider myself a physical person so in lacrosse I played defensive-mid. If someone was going to give me a stick and I get to hit someone with it, it was appealing," Layton said with a laugh. "I could run as fast as I could and hit someone again. In that sport I was more defensive minded."

On the ice, Layton was a four-year varsity player, earning Catholic Conference All-Star selections both his junior and senior seasons. As a junior, Layton scored 12 goals while dishing 17 assists for a total of 29 points.

Personal accomplishments aside, there's one reason in particular why this induction is extra special for Layton; he is being inducted alongside his brother Sean.

"To include him as well is bittersweet because the fact that he's my brother and one of my best friends," said Layton. "Growing up we played the same sports and always pushed each other in every aspect of life especially in sports where we tried to push each other and excel. To see the success that he had and the success that I had and that we can do it together it's an honor to go in with him. It makes it that extra special."

## Sainato saves the season

FROM B5W

and summer workouts 2.2.

Of course, the lifelong Wilmington resident certainly didn't achieve success without a little help from her teammates and the support of a topnotch coaching staff.

"Maddie has been a huge part of our success this year," said Stoneham-Wilmington co-Coach Cassandra Connolly. "She is a very coachable kid and sound between the pipes. Maddie works incredibly hard, both on and off the ice, to contribute to our team's continued success."

Sainato, who has interest in Sports and Entertainment Marketing, has somehow found the time to dabble in soccer, softball, and lacrosse over the years. She currently works at the Woburn Street School for C.A.R.E.S., which she explained is an after-school program for elementary-aged kids.

"I work with kindergartners and grades one through three," she said. "It's a great job. The environment is great and I love working with the students. I also volunteer for the Special Olympics."

As expected, Sainato and the No. 19 Stoneham-Wilmington girls are looking forward to the playoff season which commences with a visit to face No. 14 Pope Francis in Springfield on Friday night.

"I'm excited for the playoffs, especially because I think we have a chance of going past at least the first round," said Sainato. "Our strength going into the tournament is that we had a really good season and we're known for playing well against skilled teams. We just won two hard-fought games to win the Inclusion Cup Tournament and that should inspire us."

The adoption of the Codes of Conduct and Zero Tolerance Policy linked below is a requirement for all member organizations effective February 1, 2023.

Additions have been made to Mass Youth Soccer's existing required registration language detailing that the registrant has read, understands and agrees to adhere to the Mass Youth Soccer Codes of Conduct and Zero Tolerance Policy. It is a requirement that all member organizations reference the Mass Youth Soccer Codes of Conduct and Zero Tolerance Policy in registration language for players, coaches, referees and volunteers beginning with the Fall 2023 season.

## Mass Youth Soccer adopts Zero Tolerance Policy

The Massachusetts Youth Soccer Association Board of Directors recently approved the implementation of Codes of Conduct for Coaches, Parents, Players and Referees and a Zero Tolerance Policy by unanimous consent.

The Mass Youth Soccer Codes of Conduct and Zero Tolerance Policy were developed over a number of months of consultation and collaboration with League and Member Organization leaders, Massachusetts State Referee Committee and other State Associations utilizing best practices from other Leagues, States and US Soccer appropriate for our programs.

The adoption of the Codes of Conduct



Before high school, Sean Layton had never picked up a lacrosse stick. When he graduated from Malden Catholic, he was a high school All-American.

(courtesy photo/MC).



# Gymnastics team shines at North Sectionals

By JAMIE POTE  
Sports Editor

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NORTHBORO - To say that this year's Wilmington/Bedford co-op gymnastics team's season was flipping crazy would be an understatement.

From the very first day until this past Saturday when the team finished in seventh place at the North Sectional Championship meet for the second straight time, the second year program went through everything a team could possible go through during a three-month period.

"Where do I even begin? This season has by far had its ups and downs. From injuries, to illness to weather cancellations, make up meets and everything in between this season has been an adventure," admitted head coach Kristen Hannon. "At the beginning, we had high hopes to repeat or exceed last year's results. Honestly, in my opinion, on paper we didn't, but in our minds we went far beyond last year.

"At the beginning of the season I was out on maternity leave having given birth to my third son in three years. I took off two weeks and jumped right back in. Assistant coach Brooke Claroni held down the fort, crafting routines and skill choices for the girls.

"While I was out, our first athlete Alli Ganley went out with an injury during a competition with her club team. She was supposed to be one of our five all-around athletes. Our second meet into the season, one of our Captains, Emily Provost, went out with a major (season ending) injury that required surgery.

"Fast forward through the season we had other athletes come back from injury including senior Alexa Graziano, who ended up anchoring the team. She really stepped up when it counted."

Inbetween all of that, the team managed to finish the regular season with a 6-2 record, went on to place third at the Middlesex League Championship Meet and ended the terrific season with a seventh place finish at the sectionals.

"We ended up holding our own placing third at the league meet and qualifying to North Sectionals. We were ranked eighth but finished seventh, missing four key contributors. We couldn't have asked for a better ending to the year. This team worked together and ended up making lasting friendships and memories they will take with them past this year."

At the sectional meet,

senior Alexa Graziano finished sixth in the all-around competition and freshman Lexie Masters had a terrific showing as well, taking tenth overall. Graziano had scores of 9.4 on the vault, 9.050 on the bars, 9.4 on the beam and 8.7 on the floor - all while going through a season long knee injury which will require surgery in the immediate future.

Masters finished with scores of 8.250 on the vault, 8.70 on the bars, 9.0 on the beam and 8.850 on the floor.

"Lexie Masters stepped up when we needed her to help keep the team together and fight for all our victories. Every single person on this team competed multiple times and stepped up when we needed them to," said Hannon.

Certainly the senior deserve so much credit for the success of this year, as well as last year.

"Senior Captain Mikayla Comeiro competed in every competition on three events and by the end she put in everything she had to guarantee we made sectionals," said Hannon. "Senior captain Rachel Gonzalez also stepped out of her comfort zone competing on three events this year. She even stepped in at sectionals to compete on the floor when we needed every single score. The seniors this year stepped up in a big way contributing every way they could and they will be missed next year.

"Three of the seniors including Emily (Provost), Mikayla (Comeiro) and Alexa (Graziano) were named to the Massachusetts Senior National team. We are so proud of everything they accomplished this season."

Also competing at the sectionals included Selima Chan, who finished with scores of 8.2 on the floor and the beam, and an 8.1 on the bars. Maddie Plurad competed in the same three events and earned scores of 8.475 on the floor, 8.250 on the beam and 7.4 on the bars.

Three other gymnasts competed. Brooke Stuzynski earned an 8.150 on the vault, an 8.0 on the beam and then a 6.250 on the bars. Katie Desaulniers scored an 8.150 on both the vault and the beam. Finally, Adeline Silva earned scores of 7.250 on the vault and 7.10 on the floor.

"Every other member of the team competed in as many meets and on as many events as we needed them to including seniors Brooke Stuzynski and Selima Chan, Juniors Katie Desaulniers and Addie Silva, Sophomores Keira Warford and Maddie Windomski and



On Saturday, the Wilmington/Bedford Gymnastics team finished seventh at the North Sectional Meet held at Algonquin Regional High School. The team includes: top row from left, Rachel Gonzalez, Alexa Graziano, Emily Provost, Selima Chan and Keira Warford; Bottom row from left, Addie Silva, Alli Ganley, Maddie Plurad, Lexie Masters and Brooke Stuzynski. Missing from photo: Katie Desaulniers, Mikayla Comeiro and Maddie Windomski. (courtesy photo).

freshman Maddie Plurad.

"Some of these amazing athletes competed in as many as six competitions in a week and a half due to postponements from injury and weather, they pretty much had a meet every other day which is not how the schedule was initially planned. It was a lot of wear and tear mentally and physically on the girls, but they prevailed. This isn't how we envisioned the season ending, but to us it was a win!

"All in all whether they could only be at the score table and cheer from the sidelines, compete in the lead off spot or anchor the team, everyone made this season another great one for this small but mighty group of girls."

Hannon said several weeks ago that the program will be coming back next year but will be looking to add more gymnasts to the roster. If that happens, the nucleus returning, should put Wilmington/Bedford back into the thick of things next season.

"Last year's inaugural season was a special one, but I'd say this year's team surpassed that. Losing six seniors last year and six again this year, we hope that continuing with another strong performance this year we can get the word out to the younger kids in the middle schools that we are a talented team and looking to keep adding new members each year," said Hannon.



The senior members of the Wilmington/Bedford Gymnastics team includes three WHS student-athletes from left, Emily Provost, Alexa Graziano and Rachel Gonzalez. (photo by Eric Canha).

## Girls Hockey team will face tough challenge in first round of playoffs

FROM B5W

Auburn into sending out their two best players to match us," explained Stoneham-Wilmington Coach John Lapiana. "They did exactly that. As soon as that shift was over, we countered with speed in Gabby Daniels and Ava Krasco."

As the play developed, Daniels skated wide to the outside and then cut to the net, protecting the puck on her forehead while Krasco sped to join her linemate. Earlier, Lapiana and his staff pointed out that the Auburn goalie Tori Horne was giving up

rebounds. Krasco soon capitalized on one, burying the game-winner after Horne failed to cover the puck after Daniels' initial bid.

"There are few people in the league who could beat her," said Lapiana, when Krasco's ample speed was

mentioned. "She's fast and has a high motor and the key thing is, that motor is the same at the end of a game as the beginning."

Facing Framingham in the Championship round, Stoneham-Wilmington claimed an early lead and held on for the win and the Inclusion Cup title. Krasco scored midway through the first, MacKenzie drilled home the eventual game-winner in the second, her 26th of the season, and minutes later, Daniels added insurance enroute to a 3-1 win.

"We talked about minimizing mistakes against Framingham and try to get an early lead," said Lapiana. "We owned the first two periods while the third was more competitive but there was no scoring. They didn't make any adjustments, so we knew what we had to do."

The two wins to end the regular season were critical with the playoffs looming. Stoneham-Wilmington had lost three straight before heading out to Framingham. From

one perspective, Lapiana wasn't pleased with the defeats because it altered the post-season fate of the team. But there were positives to be gained, as the coach pointed out.

"If we had played better down the stretch and finished higher in the Power Rankings, we might have seen a cupcake in the opening round instead of the metal," he said. "Honestly, I'd rather see the metal. You never want to go into a tough game coming off an easy game. You want to climb the ladder."

Pleased to be heading into her second tournament season is Krasco, whose contribution in the Inclusion Tournament was unmatched.

"As a team, I think we are well-prepared for the playoffs," said the senior tri-captain, who hopes to add to her 6-goal, 8-assist finish. "We are confident, but humble. Coach Cassandra (Connolly) always has us say, 'not too high, not too low.' I think winning those last two games gave us a timely

boost of confidence."

Linemate Daniels has a similar opinion.

"Heading into the playoffs is very exciting but also nerve-racking," said the senior tri-captain, who contributed nine goals and nine assists this year. "The strengths on this team are like no other. We all work together and our goal is to make it to the Garden. We have a mindset that should take us far into the playoffs."

"We saw them last year and they're a well-coached team," said Lapiana, who suffered a 5-2 defeat to Pope Francis in last season's finale. "We have to go out to Springfield and take care of business. We'll deal with what comes next, if something comes next."

If Wilmington/Stoneham prevails over Pope Francis, the team would move on to face the winner of No. 3 Shrewsbury (16-2-2)/No. 30 Old Rochester Regional (7-12-1) most likely Tuesday or Wednesday.



Ashley Mercier looks for the loose puck during an earlier season Wilmington/Stoneham Girls Hockey game. (photo by Bob DeChiara).



# Bryson finishes third at All-State Meet

By JASON COOKE  
Sports Correspondent

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READING -- Last week-end's All-State wrestling tournament served as the end of the road for the Wilmington High School wrestling team.

However, it's only the beginning for Wilmington's two participants Hannah Bryson and Julien Cella.

Bryson, who wrestled in the all-girls tournament, placed third in a field of seasoned wrestlers. The first year wrestler won four total matches over the two-day tournament in the 127-pound weight class.

"I'm so excited about this new growing demographic," head coach Kevin Riley said of the all-girls tournament. "It wasn't on my radar at the beginning of the season, I didn't even think we had girls when I took this job. Hannah comes in and asks me about the sport and that she was thinking about taking the winter off from track to try something different, and boy it seems to have really paid off for her."

The junior won her first two matches of the tournament, pinning Isabella Ventresca of South Shore at 3:24 as well as Anjue Lang of Boston Latin Academy at 1:48.

In the semi-finals, Bryson's run came to an end when she was pinned by Gloucester's Morgan Pennimpede at 4:52 in a back and forth match.

"We knew (the semi-final) was going to be a tough match," said Riley. "This is the part of the sport that always amazes me, is what are you going to do from that position?"

Bryson faced a quick turnaround time from her semi-final loss to the consolation semi-finals, where was paired with yet



During this past weekend's All-State Wrestling Meet, Wilmington High junior Hannah Bryson had a handle on her opponent, as she ended up taking third at 126 pounds in the All-Girls Tournament. (courtesy photo/Proud Dad - Jeff Bryson).

another Gloucester wrestler.

"They had the scouting report on her and she had every reason to mentally fold and just pack it in, and she came back with avenges and she put on a clinic in that win," Riley said. "That to me really solidifies what she's all about. She's a tough kid, she's mentally tough, and she's got a heart of a champion. I'm absolutely honored to be her coach."

Bryson didn't quit; she beat Bailee Militello in an 11-3 major decision before pinning Logan Murray of Woburn at 5:41 to earn her

a spot on the podium.

"It goes without saying, we can't be more proud of her," said Riley. "To coach Mitchell and I, she's basically like another daughter. She's out there and when she wins, we win, and when she loses, we lose."

After a successful first season on the mat, Bryson already has her focus shifted to preparing for her senior season.

"We're looking forward to getting her on the track for bigger and better things next year," said Riley. "She's already signed up for the six day

camp out in Iowa where we're going to be doing some off-season work. I know she's going to be putting in the time and the effort to do that."

Bryson wasn't the only Wildcat giving it their all last weekend. Cella, who placed fifth at the Division 3 state tournament, took on a competitive field of wrestlers in the 145-pound weight class.

Cella ultimately had an 0-2 showing, ending his season just short of the New-Englands this weekend in Providence, Rhode Island.

"Unfortunately we don't have our forty-five pounder moving on, but we were very happy with the fact that he made it to the big dance. He battled hard," said Riley.

Cella fell to Aidan Guiliani of Whitman-Hanson by pin at 1:16 before his consolation bracket loss to Tewksbury's Hunter Johnson that resulted in a 13-6 decision. When Riley reflects on the junior's weekend, there's something much more important than wrestling that comes to mind.

"He gets knocked out the first day and he's free to go home (because) the season is over. Not only does he come back the next day to cheer on Hannah, he's helping out with the cameras, he's pulling her aside helping her with tips and advice, so I was really impressed with that," he said.

Cella, who led the 'Cats both on and off the mat this season, is one of the leaders Riley is leaning on to keep the program moving in the right direction.

"We were proud of his body of work this season," said Riley. "His determination, his hard work, he's been an absolute delight as a captain and he's definitely influenced some of these younger kids."

As the 'Cats turn the page on the 2022-23 winter season, they will be saying goodbye to three influential seniors.

"I'm sad we are losing Mike Ings, Ryan Watson, and John Consorti," said Riley. "But I'm also excited about the future of this group of kids. They've come together so tight and they talk about family and we got a good foundation here and we got some kids who are developing life-long friends here. To be a part of that, it's been

amazing."

As Riley's first season of coaching comes to a close, he's only looking to keep building the program one step at a time.

"I went into it with the philosophy of let's give it a try with the program numbers dangerously low and talk of a co-op at some point down the road," he said. "My main reason was to just get involved and save it for the kids that were there that didn't want that to happen."

To make sure that won't happen, Riley is sending both Cella, Bryson, and Nick Iascone to the Wilmington middle school in the coming weeks to spread information about the wrestling program to prospective high school students.

"About two weeks from now we have a high school ambassadors (event) where they go down and promote whatever club or group that they participate in, and we're going to send Hannah, Nick, and Julien down there to talk to the kids about the wrestling program to hopefully drum up some interest," he said.

When Riley took to practice on day one, he was prepared for an up and down season due to low numbers and the considerable amount of varsity inexperience. As the season ended last weekend, he realized there's one specific aspect of the job he was not ready for.

"I was not prepared for the emotional rollercoaster," he said. "You get to know these kids and you get so attached to these kids because they are just amazing individuals. I told these guys at the beginning that I get a front row seat to your journey, and it's an honor and it's a privilege."

## Three youth wrestlers enjoy success at U15 State Championship Meet

By JASON COOKE  
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On Sunday, February 19th, three Wilmington youth wrestlers competed in the Under 15 Massachusetts State Wrestling Championship.

After two first place finishes as well as a second place finish, all three wrestlers will be advancing to New Englands.

Tommy Conn, who came into the tournament as the number one seed following his first place finish in the North Sectionals, secured the state title in a field of competitive wrestlers.

In his first match, Conn

pinned Grayson Puri of Milford at 2:28 in the second period with an arm bar. In Conn's semi final match he faced Collin Hume of Hanover. He was able to secure a first round takedown and three near fall points, for a five point lead heading into the second period.

Hume started period two in the down position and was able to score a reversal over Conn, but was quickly reversed himself, putting the score 7-2 heading into the third period. In the third period, Conn was able to score an escape, and won the match by decision 8-2.

In the finals, Conn faced Gavin Espinola of

Tyngsborough. The first period was heavily contested with back and forth action from the opponents neither giving the other an edge. With good match awareness and working until the whistle at the edge of the mat Conn was able to score a takedown in the final seconds of the first round.

The second period started with Conn having a 2-0 advantage, a lead that was erased by an Espinola reversal. After a cradle defense and technical scrambling, Conn was able to secure a reversal of his own and a 4-2 lead heading into the third period.

Conn started the third

period in the down position, and exchanged reversals with his opponent. In the final seconds of the third period, Conn scored an escape securing a 7-4 decision over Espinola and the state title.

The second Wilmington wrestler to earn a state title was Henry Santini, an eighth grader at St. John's Prep. A co-captain of the Red Roots Wrestling Club, Santini was also entering the tournament as a recently crowned sectional champion.

Following a first round bye, Santini beat next opponent from Franklin in a 9-0 decision. He then

faced his opponent from Natick in the semi-finals, and won by a 15-0 Tech Fall in the third period.

In the finals, Santini was up against the No. 2 seed and Southwest Sectionals champ Devin Mateo of Krazy Monkey Wrestling Club in Springfield. Mateo had pinned his way through Sectionals, and his first two matches in the States. Going all three rounds, Santini pulled off a 6-3 win to secure the State Title. Santini will move on to the New Englands Tournament in March.

Jaron Molgard rounded out Wilmington's representation at the tournament, placing second in

the 215-pound weight class.

Wrestling for Red Roots Wrestling Club, Molgard was part of a team-awarded first place finish.

He pinned his first opponent of the day in the second period and won his second matchup in a close decision.

In the finals, Molgard saw his run come to an end when he couldn't escape a headlock in the second period of the championship bout.

All three wrestlers will move on to New Englands in March.



From left, Tommy Conn with his father Dylan, Henry Santini and Jarod Molgard display their trophies after competing in the U15 Massachusetts State Wrestling Championship Meet. (courtesy photos).



# Osgood takes sixth at MOC

By JAMIE POTE  
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ROXBURY - On Saturday morning, Wilmington High School's Mollie Osgood took part in the high jump event during the Meet of Champions held at the Reggie Lewis Center. Coming off league and Division 4 titles, this would be the most challenging meet of the season and Osgood came through with flying colors.

The junior was one of 24 competitors who took part in the event that lasted well over four hours, and she finished in sixth place,



Shown here doing the long jump, Mollie Osgood finished sixth in the high jump at the Meet of Champions.

(photo by Eric Canha).

clearing 5-4.

"That's what coach (Joe Patrone) said to try to get in the top six. I'm happy with the sixth place. I have never placed at the All-State Meet before, indoors or outdoors so this feels good," she said.

Towards the end of the competition, Osgood and the other five finishers who were ahead of her, all cleared 5-4, but Haley McCormack, the eventual winner, of Tantasqua Regional and Brianna Ewansiha of Peabody who finished second, both cleared 5-6.

Kiran George of Newton North, Katie Caraco of Reading and Charlotte DiRocco of Concord-Carlisle all cleared 5-4, but Osgood had more misses, therefore she finished sixth.

"I'm so happy that I cleared 5-4. I had only cleared it once and it feels great to have done it again. I just said to myself, 'just jump up, you have nothing to lose'," she said.

She was asked if all of the standing around inbetween jumps played into not matching her season best of 5-5.

"Yeah definitely. I was sitting around for a while and I felt like my legs were getting stiff and I was just tired of standing there and waiting around," said Osgood.

Osgood's sixth place finish qualified her for this Saturday's New England Meet but she said she plans on skipping that meet to rest up for the New Balance Nationals.



The WHS Boys Hockey team will be making another appearance in the state tournament against Masconomet on Thursday. This year's team includes front row from left, Tyler Marinho, Daniel Lagunilla, Casey Robbins, Ryan Bornstein, Ryan Hayden, Alexander Burns, AJ Chisholm and Justin Finnegan; second row from left, Colin Allard, Matt O'Brien, Michael Daniels, Owen White, James Caples, Nathan Alberti and Ryan Weinstein; Third row from left, Jason Sousa, Brian Barry, Brett Ebert, Bobby Cyr and Tyler Florencio; and back row from left, Joe Malvone, Eric Spinney and Adam Ebert.

(photo by JoeBrownphotos.com).

## Tewksbury's second line too much for Wildcats

By JAMIE POTE  
Sports Editor

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TEWKSBURY - Both teams entered last Wednesday's game red-hot. The reigning Division 2 state champion Tewksbury Redmen came into their home Breakaway Arena riding a 12-0-1 streak, while their visitors of Wilmington came to town with a 3-0-1 streak over their last four and an 8-2-1 mark over its last 11 games.

So naturally, something had to give.

And what gave was the performance of Tewksbury's second line with Brady Chapman-Conor Cremin-Ryan Flynn. The trio combined to score Tewksbury's final four goals, while adding two assists, in helping the Redmen come away with a convincing 5-2 victory before a packed house.

The win closes Tewksbury's regular season at 18-1-1, the program's best regular season record since finishing

20-0 during the 1995-'96 season.

"Coming off a season like last year with two losses throughout the whole year with a team that was built to win a state championship, you come into this year and you ask yourself 'how are these kids going to play and how are they going to react?' We got better as the year went on and we really started to focus better," said Redmen head coach Derek Doherty. "We knew what we had to do and that's play our system which is hard, physical and get the puck to the net."

"I'm thrilled for the kids right now and they are just awesome kids. We have a great dynamic in the locker room. We have zero problems and no drama. They are all buddies so it's all good."

Wilmington ends the regular season with an overall record of 8-9-2, which comes after starting out 0-6-1.

Tewksbury took a 2-0

lead after the first period, which included holding an 18-6 shot advantage. Just 2:10 into the game, Matt Cooke put home a rebound off a shot from Tyler Barnes, with another assist going to Nick DiCiccio.

Midway through the period on a 4-on-4 situation, the Redmen scored again as Jeremy Insogna's first shot was saved and Chapman drove home the rebound for the 2-0 lead.

Wilmington cut the lead in half scoring a power play goal just 1:25 into the period as Nate Alberti extended his scoring streak to 11 games as he found the back of the net with assists going to linemates Mike Daniels and Matt O'Brien.

Tewksbury scored three more goals before the end of the period. Andrew Whynot set up Chapman with a beautiful pass for the first one to make it 3-1. With five minutes to go, Cremin collected the puck off the back boards after

a missed shot, and walked right in and deposited the puck to the empty corners with assists going to Insogna and Cooke.

Then with 8.2 seconds left, Chapman made a gorgeous pass to Cremin, who scored his second goal of the game.

Alberti scored his second goal with 2:20 left in the third to close out the scoring.

"Tewksbury came in as advertised. They are a really good skating team and they come directly at you. I think we could have handled some things better," said Wildcats' head coach Steve Scanlon. "The penalties hurt us and the front net coverage (was not there for us). Standing next to someone is not covering a player. You got to control the hands and the stick or you're not covering him and these (Tewksbury) kids can bury the puck. It's hard to chase the game against them."

"(Ben O'Keefe is) a good goalie and we did get a

couple of opportunities, but you're not getting enough against a team like that. You're lucky to get twenty shots on net. (Tewksbury is ranked at the top) for a reason."

Tewksbury finished the game holding a 43-21 advantage in shots. O'Keefe made 19 saves and Wilmington's Justin Finnegan made 38.

The night, however belonged to the Redmen second line.

"What a game that second line had tonight. Brady Chapman was awesome tonight," said Doherty. "He's always in front of the net, he's big, he gets a piece of everything and he's just quiet and does his thing. He's an awesome two-way player, always backchecking as well. He works hard, but they all work hard. They all get back to backcheck and get in the right position."

## Archived story: Alatalo took off at Bentley University

The Town Crier continues to publish archived stories written by the late Mike Ippolito. Below is a feature he did on Erik Alatalo, a talented runner who excelled at Bentley University after his days at WHS. The story first appeared in the March 1, 2017 edition of the Town Crier.

By MIKE IPPOLITO  
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WALTHAM - There are very few sure things in sports at any level, whether it be pro, college or high school, but for the past four years at Bentley University there has been at least one sure thing for the Falcons track team, regardless of the season.

Whether it be cross country in the fall, indoor

track in the winter or outdoor track in the spring, the Falcons and their coaching staff have known that Erik Alatalo would be at the starting line, and at the end of whatever race he was in, he would be among the top finishers, having once again given his usual consistent effort.

Alatalo, a 2013 graduate of Wilmington High School, and a former captain of both the Wildcats Cross Country as well as Spring Track teams, as well as being named a Middlesex League All-Star, is entering the final season of his fine career with the Bentley Falcons, having wrapped up his winter season this past week and preparing for the spring season to get underway.

Bentley coach Kevin Curtin knows he had better enjoy this final season of seeing Alatalo as a member of the Falcons, because he knows an athlete like the senior from Wilmington does not come along very often.

"Erik has been a steady presence for us throughout his career," Curtin said. "He has been remarkably consistent and very dependable. Erik is not our most talented kid, but I would say his greatest asset is his mind. Coming into college, he was probably the sixth or seventh best kid in his recruiting class, but he was our best cross country runner his freshman year."

Alatalo gone on to prove that his freshman year success was no fluke, as he has consistently given the Falcons great per-

formances each time he has taken to the course or to the track. In cross country for example, he finished 21st in his collegiate debut at the Shackette, and he has continued to be a key member of the Falcons squad ever since, finishing as one of Bentley's top seven runners in every race for three years in a row, while steadily improving his time, including being the first Bentley runner to the finish line at the New England Meet in his junior year, finishing in a time of 25:49.7.

Alatalo credits his strict training regimen for his successful career.

"I think it is so important to know what you have to do to get the results you want," Alatalo said. "It is so important with distance running and I have been fortunate that I have been able to stay healthy."

In addition to his exploits on the track, Alatalo has also become a star in the classroom at Bentley. It should come as no surprise that the former Wilmington High Salutatorian has continued his remarkable academic career in college, being selected as a USTFCCA Division II All-Academic and Academic All-Northeast-10, during his career. Alatalo, who recently accepted a position as an Assurance Associate at Price Waterhouse Cooper, has a very logical reason as to why he is just as consistent, or perhaps even more consistent, in the classroom as he is while running.

"I have always tried to put academics first, both in high school and in college," Alatalo said. "That is why we are called student athletes, with the student coming first. There might be times I have to stay up late to study for a test, even if I have a meet the next day and I might end up being tired for the meet. My focus is definitely on academics first."

For someone who is putting athletics second, Alatalo certainly has done a good job of making the most of his time as an athlete. Alatalo has career best times of 9:00.51 in the 3,000 meters and 15:09.55 in the 5,000 meters, both achieved during the 2016 winter season, while he has career best times of 32:19.83 in the 10K and 4:30.96 in the mile during the outdoor season.

Those tremendous times are why Alatalo looks at his recently completed winter season as somewhat of a disappointment. His best time in the 3,000 this season was 9:04.77, while his best in the 5,000 was 15:22.14. Outstanding times no doubt, but not up to the standards he had set for himself.

"To be honest, this season was a little bit of a let-down for me," Alatalo said. "I was a little bit slower, and I struggled a little bit with being tired and things like that. With it being my senior year, it was a little harder to get quality runs in. We have also had a lot of injuries on the team, so there are fewer people for me to run with, so I am doing a lot of work on my own."

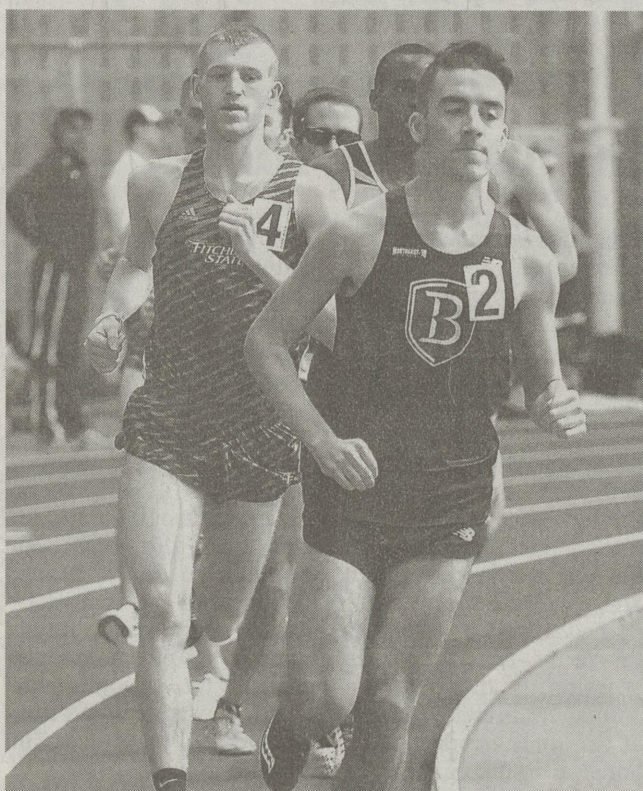
Don't misunderstand, however. Even with his

scaled back training routines, Alatalo is still one of the hardest workers on the Bentley roster. Curtin knows he has nothing to worry about when it comes to Alatalo's training methods.

"Some of our kids, between seasons you won't see them for four or five weeks, but we usually see Erik and even when we don't, I know he is putting in his 80 or 85 miles per week," Curtin said. "He is a great kid to coach, because you always know he is going to give you his best. Not everyone can make it at this level. There are a lot of distractions, but Erik just goes out and gets the job done. We will miss that consistency from him. He just goes about his business and always gives his best. That is difficult to do sometimes, but not for Erik."

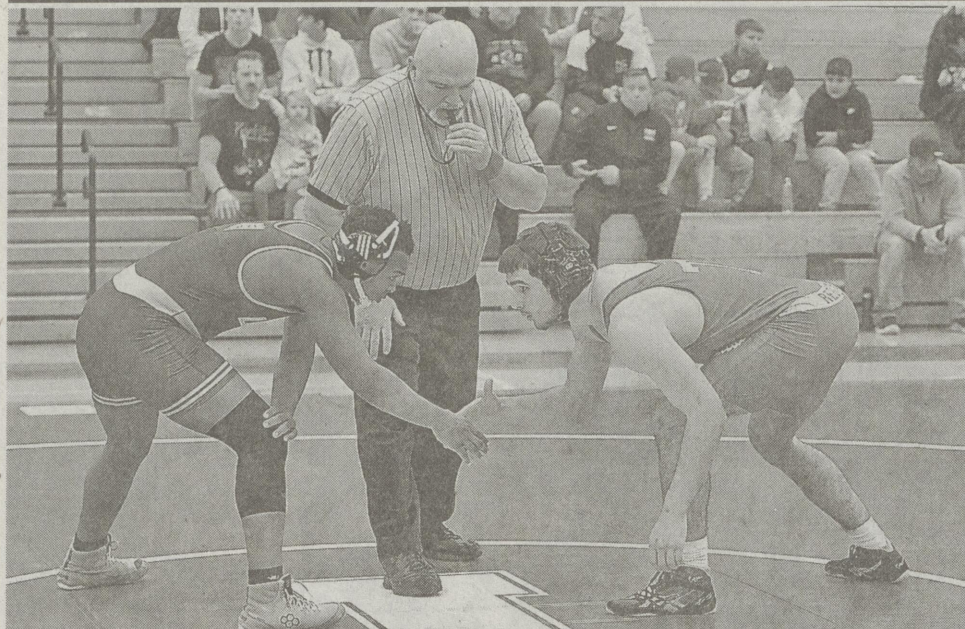
Before Curtin and the rest of the Falcons have to figure out what life without Alatalo will be like, there is still one more season to go. And with the spring season set to start on March 25, Alatalo is looking forward to finishing his career on a high note.

"I am excited for it," Alatalo said. "I really love the outdoor season. I really enjoy running the 10K, and I like running outdoors as a team instead of being stuck inside. I am really looking forward to it, and I definitely want to improve on my winter season. I am a little sad that it is my last season, but at the same time I can't wait for it to get started."



ERIK ALATALO





In a home meet several weeks ago against Lowell, Tewksbury High's Paxton Green took on Louis Gomez. This past weekend, Green finished third at the All-State Meet. (photo by Eric Canha).

## Redmen place three wrestlers at All-State Meet

By JASON COOKE  
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READING -- In a post-season that already included a sectional title, four sectional champions, and two state champions, it's safe to say the Tewksbury High School wrestling team is on a path of dominant success.

Last weekend, that path kept winding at the All-State meet at Reading High School. The Redmen not only earned a top eight finish (67.5 points) out of over 100 qualifying teams, they produced a third place finish, a second place finish, and their first All-State champion in 14 years.

"From a team point, a top ten in the all-states is a pretty special thing," said Redmen head coach Steve Kasprzak. "It doesn't happen that often and it's the highest we've been since I've been here since 2012."

"It says a lot about our room and what our kids do in practice and how hard they work," said Kasprzak. "An eighth place finish in the all-states is all thirty-five plus kids that we have on the team, not just the seven that made it there. Those seven don't make it without those thirty five."

Tewksbury was headlined by yet another dominant performance from senior Jack Callahan, as he made his way through the 126-pound weight class bracket with ease.

Callahan pinned his first two opponents in Jack Alves of Bridgewater Raynham at 1:41 along with Collin Mcaveney of Essex Tech/Masco Co-Op at 3:22. In the semi-finals, he beat Xaverian's Nathan Sayers in a 15-0 tech fall.

Callahan's closest match of the tournament came in the finals, where his 4-3 decision edged Milford's Michael Boulanger.

"He's just such a deserving kid," said Kasprzak. "As a staff we are extremely happy for him and fortunate that he's the leader in our room and he's the example we have not only as a wrestler but as a character kid and a leader."

In the Girls All-State tournament, freshman Brooke Lightfoot (118-pound weight class) fell just short of a first place finish, capturing second place honors. Lightfoot won her first four matches of the tournament, including pins over Yaritza Cruz-bravo of Mount Everett at 1:01, Linoska Pachano of

Greater Lawrence at 0:34, and Allison Reese of Northbridge at 1:29.

In the semi-final match, Lightfoot defeated Nevaeh Santiago of Chicopee in a 4-3 decision before dropping a close match to Freya Munshi of Newton South in a 2-0 decision in the finals.

Joining Callahan in Providence, Rhode Island next weekend for the New-Englands is Paxton Green, whose third place finish earned him a bid in the tournament.

"I actually said to him after the match, I don't think you grasp how big of an accomplishment this is," said Kasprzak. "It's something that is somewhat rare and doesn't happen every year for programs. There's so many kids that wrestle and you take the entire state of Massachusetts and you're in third place, that's a big deal."

Green's finish is indeed a 'big deal'. The 195-pounder was victorious in four of his five matches over the two-day tournament, winning both his consolation matches following a loss in the semi-finals.

Green pinned both Matthew Donis of Milford at 1:55 and Bennett Sonneborn of Natick at 1:05 before ultimately dropping a 5-2 decision to Bridgewater Raynham's Nathan Leach in the semi-final round.

Green then went 2-0 in the consolation bracket, pinning Vassili Syssoev of Newton South at 3:28 and Elijah Prophete of Taunton at 0:35.

Thus far into Green's season, he's only lost to two wrestlers—Leach and Michael Toppan—who just so happened to be the finals matchup last weekend.

"All of his losses, he's had six or seven losses on the year in Massachusetts and all of them came to the two kids who were in the finals," said Kasprzak. "In the semifinals he lost to a Bridgewater Raynham kid five to two, who earlier in the year lost to him in the Woburn finals by tech fall seventeen to two."

"He closed that gap tremendously and he's starting to get a better feel for the actual technique of wrestling and he's starting to rely more on the technique and less on his God-given strength," said Kasprzak. "If he continues to progress that way nobody is going to be able to touch him moving forward. There's nobody that

he's seen that can match his strength, and when his technique catches up to that level he's going to be quite a force next year."

Callahan and Green weren't the only Redmen to put points on the board. In fact, four other Tewksbury wrestlers picked up wins.

"We brought a handful of kids and a lot of kids that didn't place scored points there," said Kasprzak. "Angelo Desisto wrestled fantastic, I thought he wrestled like a state champion. He wrestled at that caliber. Nick (Desisto) also wrestled fantastic and where he ended up falling in the bracket he ran into some tougher matches earlier on."

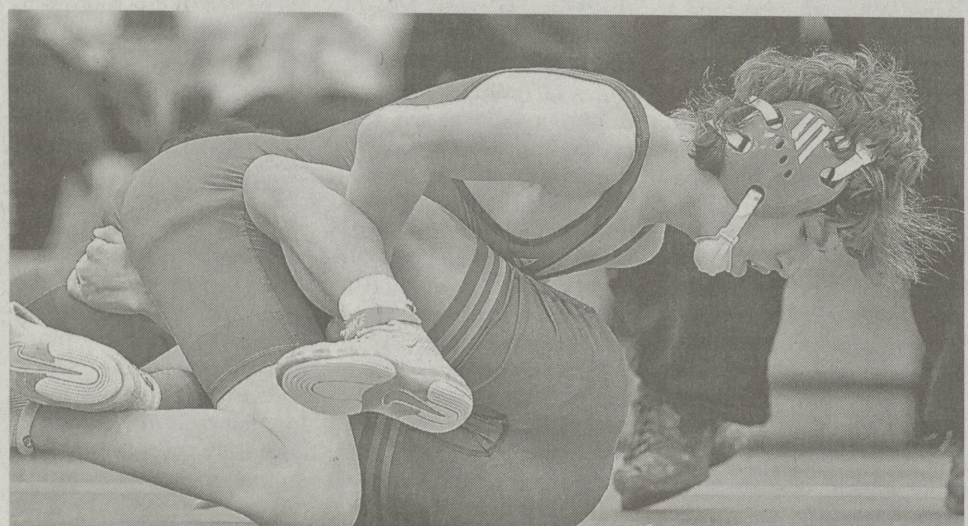
The Desisto brothers picked up right where they left off, as Angelo Desisto (113-pound weight class) defeated Joel Puri in the consolation bracket in a 15-8 decision while Nick Desisto (106-pound weight class) pinned Aiden Pimentel of Billerica at 2:50 in his first matchup.

Hunter Johnson (145-pound weight class) bested Julien Cella in a 13-6 decision in the consolation round and Manuel Mengata (220-pound weight class) won his first two matches of the day. He pinned Desiah Anderson of Springfield Central at 1:16 and outlasted Mansfield's Colton Johnson in a 10-6 decision.

As both Callahan and Green advanced to New-Englands this weekend, the Redmen aren't done just yet. This week of practice will feature on last stretch of preparation to ensure the pair is ready come Friday.

"Earlier in the week we are going to take care of our bodies and let them heal up after this weekend a little bit, and then Tuesday and Wednesday usually we'll ramp things up and go real hard," said Kasprzak. "Sometimes we'll do some joint practices or maybe shoot over to Doughboy because they're awesome."

"They open up their room to people who want to get together to get a good workout in, which is actually a great atmosphere because it becomes sort of a team Massachusetts thing," he said. "You're certainly rooting for a Mass kid because we want to show the rest of New England that our quality here in Massachusetts is high."



Tewksbury Memorial High School freshman 113-pounder Angelo Desisto (top) wrestles Lowell High School sophomore Jaxson Phachansiri during an earlier season meet. Desisto ended his tremendous season at this past weekend's All-State Meet. (photo by Eric Canha).

After two injuries, CC gymnast key to team's success

## Salerno needs a little more elbow room on her championship table

By JASON COOKE  
Sports Correspondent

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NORTHBORO/TEWKSBURY -- When Riley Salerno underwent the infamous Tommy John surgery in her elbow in 2018, she thought her gymnastics career was over. After a successful recovery and come-back to the sport, Salerno injured her other elbow, requiring yet another surgery.

At that point in 2020, Salerno's career was yet again put in question.

Three years removed from her last injury, the Central Catholic junior was first crowned the bars champion during the state individual gymnastics competition held back on Monday,

"To win sectionals as a whole was so emotional and so exciting for the team because we worked so hard all season," she said. "Teamwork is so important to our team and we had such a good meet. That meet was really intense and really awesome to celebrate and to be at."

Salerno posted a 9.2 on bars, a 9.425 on the floor, and a 9.2 on beam en route to the Red Raiders' 147.075 total points, edging Masconomet by less than a point.

To make it even sweeter, Salerno competed against many of her club teammates that are home to Yellow Jackets Gymnastics in Middleton, where Salerno is currently training as a level 9 gymnast. When she was

states was one of my biggest goals since freshman year. Ever since freshman year, we've been getting better each year and getting so much closer to that goal of making states."

Regardless of what happens this weekend, Salerno is proud of her team for coming this far.

"I'm really proud of this team and how they've worked this year," she said. "Our team has so much depth this year and such amazing talent. We've all been such good teammates to each other and how we came together not only on Saturday but every single meet this season, we've come together and supported each other. We're hoping for a state title so we'll see how Saturday goes."



Tewksbury resident Riley Salerno competes on the floor exercise for the Central Catholic gymnastics team. The junior was crowned the state individual bars champion and this past weekend, she helped her team win the North Sectional title.

(courtesy photo).

February 20th at Tewksbury Memorial High School.

This past Saturday, the Tewksbury resident helped Central Catholic capture the North Sectional Championship crown held at Algonquin Regional High School.

"At that point I really didn't think I was going to do gymnastics again," said Salerno of her second elbow injury. "That was right when I was about to go to Central and I was switching gyms and a lot of stuff was happening so I was actually really grateful because the pandemic allowed me to readjust myself and heal from my injury."

Salerno's bars score of 8.85 at the state meet came in an event that she struggled with the most since coming back from her elbow injuries.

"That in itself is huge for me because bars was the one event that was so hard for me to get back after both my elbow surgeries," she said. "On the other events I was able to do no-handed stuff while I was injured so I could get my skills back."

"Having two surgeries on my elbows put me so far back, especially on bars," Salerno continued. "It's always been a love-hate relationship with that event and when I won (at the state individuals) it was so amazing to me. To see how far I've come on that event and even the year, it's been amazing."

At the state individuals, Salerno also posted a score of 9.3 on the floor and 9.325 on the vault.

Just a few days later, Salerno played an instrumental role in Central Catholic's sectional championship.

able to come out on top amidst her peers, she earned herself bragging rights when she returns to Yellow Jackets.

"Masco and Danvers I have a lot of club teammates on both those teams," she said. "One day at club when we all found out we were all seeded together, it was exciting we were all able to compete together on different teams. Last year we made sectionals but we weren't as highly ranked and this year to see us up there in the top four, that was such an accomplishment."

Due to their top four finish at sectionals, Salerno and the Red Raiders will be competing in this Saturday's state meet at Algonquin High School.

"To be able to compete for a state spot was such an honor to me," said Salerno. "To be such a large contribution to the team and help us get to

Red Raiders head coach Heather Fusco takes no surprise to the success Salerno has seen not only this past week, but all season long.

"Riley is a really strong competitor for us," said Fusco. "She's probably one of the most positive kids I know. She cheers on everybody, if somebody is nervous about an event she's standing right next to them cheering them on. She's a great kid and a really hard worker."

With her senior season still approaching, Fusco's expectations for the talented gymnast will only continue to rise.

"Riley is definitely one of the top athletes on our team," said Fusco. "She works super hard, she makes changes on the fly if needed, and she will be one of our top all-arounds next year."

## Cuvier, host of others, honored by MVC

On Tuesday morning, the Merrimack Valley Conference announced its end of the year awards for boys and girls' basketball, as well as gymnastics, and Tewksbury certainly did pretty well in all three.

Starting with boys' basketball, senior Ryan Cuvier was named the MVC Division 2 Player of the Year, while head coach Steve Boudreau was named the MVC Division 2 Coach of the Year. In addition, freshman Johnny Sullivan was one of two ninth graders to be honored as he earned all-league second team honors.

On the girls' side, senior Samantha Ryan earned first team all-conference honors and senior Kat Macdonald was named to the second team.

In gymnastics, as previously mentioned senior Amanda Ogden earned first team all-conference in the all-around competition and she was also named the Senior Gymnast of the Year. Both Jaden Kasule and Kayla Saunders were named to the second all-conference team. Tewksbury was also named the Team Sportsmanship Award winners.



# Red Rangers and Girls Basketball team preparing for playoff games

By JAMIE POTE  
Sports Editor

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METHUEN - After losing in the first round of last year's state tournament to neighbor Wilmington/Stoneham, the Tewksbury/Methuen girls' hockey team will look to get back to the winning ways with Thursday's first round Division 1 playoff match-up against league rival Acton-Boxboro to be played at Methuen High starting at 5 pm.

The two teams have already played one another twice this season with the Red Rangers coming away with 3-1 victories both times. Tewksbury/Methuen is the No. 9 seed with a 12-5-3 overall record and AB is the No. 24 seed with a 2-20-0 overall record, which includes two games in the Hingham Showcase, strong performances against Hingham and Needham.

The Red Rangers come into the tournament playing much better over the last two weeks, which includes four straight wins of a combined score of 13-3, including the last two wins via shut outs,

over Matignon and then a strong Longmeadow team.

Back in 2019, the Red Rangers defeated Longmeadow in the first round of the tournament before losing to eventual co-state champions Woburn. There were no playoffs in 2020.

Interim head coach Dave O'Hearn believes that his team is battled tested, playing in arguably the toughest league in the state. On top of that, the Red Rangers have relied on strong goaltending and defense all season long. The team has given up just 23 goals in 20 games and that's always a recipe for success come tournament time.

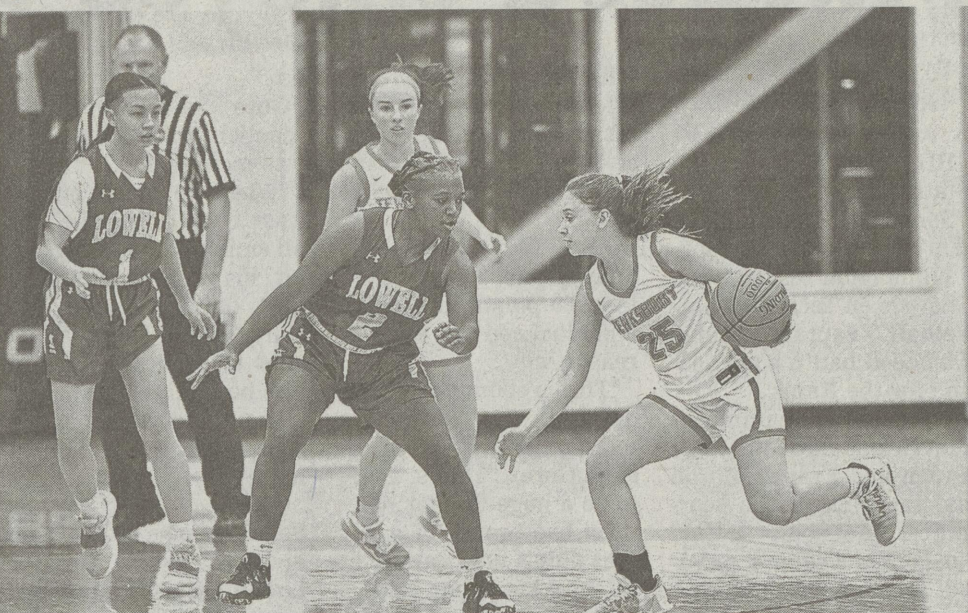
"I would like to think that we will be prepared based on our league games and stuff like that. I think no matter what, it'll be tough first game for everyone," he said. "If you are a lower seed, you are all geared up (to knock off the higher seed). Traditionally, we have had trouble in those first round games because everyone is amped up and ready to play and no one wants it to be their last

game.  
"For as long as I have been here, the first-round game has always been a nail-biter. I think we should be right there with everyone else, so we will see how this power rankings work. There's a one-win team there and they are tough, so it'll be interesting to see how things pan out. I say with confidence, that we are a tough team to play against. The goals may not come for us, but the other teams will struggle to score against us so hopefully those top players start to press more or hang on to the puck a little bit more (and we can take advantage of that)."

## GIRLS HOOP

In four of the last five post-seasons, the Tewksbury Memorial High School girls' basketball team has won a game in the Division 2 state tournament. Last year, the Redmen knocked off Revere before losing to Canton in what was the first year of the new statewide tournament format.

In year number two, getting at least one playoff victory - and certainly



Tewksbury Memorial High School sophomore Alyssa Adams dribbles the ball in front of Lowell's Drea Defrietas (1) and Stella Procope (2), while teammate Kat MacDonald looks on during an earlier season girls basketball game.  
(photo by JoeBrownphotos.com).

two - will be challenging to say the least. Tewksbury (9-11) drew the No. 17 seed and this Friday the team will take a long bus ride to Amherst-Pelham Regional High School to take on the No. 16 Hurricanes (6 pm), who will enter the game with a 16-4 overall record.

Several days ago, the Hurricanes lost in the Western Mass Class

Championship game to Springfield Central, but the loss doesn't count towards their regular season record and the power rankings.

Not counting that loss, the Hurricanes finished the regular season with a 12-game winning streak, last losing on January 10th. The team is led by Tessa Kawall, who two games ago became the program's 13th player to

surpass the 1,000 point plateau. She's a talented player, who more often than not, finishes games with 20-plus points.

"We're going to have be organized and disciplined on offense. We're going to need to get our scorers the ball and hopefully get them some easy looks," said head coach Joel Mignault.



The Tewksbury/Methuen Girls Hockey team has enjoyed a very successful regular season with 12 victories. The team now opens the state tournament on Thursday. The 2022-'23 team includes front row from left, Lydia Barnes, MJ Petisce, Nikole Gosse, Emma Giordano, Taylor Bruno, Riley Sheehan, Jamie Constantino, Ella Duffy, Emily Barbosa and Ashe Wogan; Back row from left, Team Manager Morghyn Perrington, Livia Lawrence, Lyla Chapman, Breena Lawrence, Sammy Ryan, Sarah Doherty, Jaylen Marsh, Kat Schille, Hannah Forget, Lexi Ford, Ava Duffy, Emma Ryan and Meaghan Petrone.  
(photo by JoeBrownphotos.com).

# Dramatic overtime goal lifts T/M to tournament championship title

By JAMIE POTE  
Sports Editor

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METHUEN - All season long, the Tewksbury/Methuen girls' hockey team has been working on improving their power play.

Last Wednesday night, that special teams unit not only worked the man-advantage to perfection, but the passing, the shot from the point and the mis-direction tip in front, was just how it's drawn up on the chalkboard every time.

With 3:28 left in overtime of a scoreless game the Red Rangers went on the power play. Seconds later, senior winger Kat Schille

had the puck on the left hand boards. She sent it back to defenseman Lyla Chapman at the left point, who quickly sent the puck over to the right point to her partner MJ Petisce. With some room to move in, the Methuen High sophomore took a few strides in, unleashed a wrist shot which was perfectly tipped in front by Samantha Ryan. The puck landed in the back of the net, giving the Red Rangers the 1-0 win as well as the championship title of the second annual Brianna McCarthy Memorial Tournament over a very good Longmeadow team.

The win also ended the

Red Rangers' regular season with an overall record of 12-5-3, while Longmeadow fell to 9-6-3 overall.

"Finally, we get one on the power play," said a thrilled Dave O'Hearn, the Red Rangers' long-time assistant coach and this year's interim head coach.

The Red Rangers dominated the overtime period, holding a 4-0 shot advantage, which included great scoring bids by Chapman from the point, followed by senior captain Riley Sheehan, who was tripped up on a partial break-away, which eventually led to the Longmeadow penalty and Ryan's game

winner.

"They (Longmeadow) are a solid team and they move the puck very well. We match-up with each other in the power rankings. I think we were a little tentative in the beginning. We weren't as strong as we could have been," said O'Hearn. "As the game went on, we started to play a little bit better and started to pick it up.

"We started showing some grit that we were lacking in the beginning in the first period and that showed as they dominated us in shots. Things started to turn around in the second period."

Longmeadow dominated

play in the first period holding a 9-4 shot advantage. The Red Rangers killed off two penalties during the second half of the stanza. In the second period, the Red Rangers' offense started to click a bit and held an 8-6 shot advantage.

In the third, Sheehan was denied on a good bid at the side of the net, and that was followed by Tewksbury/Methuen goalie Taylor Bruno, who made three terrific saves in a row, including a blast from the point on the last one.

Seconds later, she followed up with a big right pad save off the stick of Camryn Scanlon. Those

saves kept the scoreless and Bruno watched and celebrated with her teammates after the overtime tally.

"In overtime, our forwards did a great job with our forecheck and they also did a great job on our penalty kill (throughout the game) as well," said O'Hearn. "We put girls out there who could match their speed. We did a good job of having sticks down, and blocking some shots which seemed to frustrate them a little bit."

# Bruno fantastic inbetween the pipes, earns Tourney MVP honors

By JAMIE POTE  
Sports Editor

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METHUEN - Since the program debuted in the 2012-'13 season, the Tewksbury/Methuen girls' hockey team has only had four starting goalies during that time.

Taylor Lirakis held the job for the first two years and was all-state. Kaia Hollingsworth spent the following six years in the spot, which included leading the team to its state championship title in 2019. Then came Michelle Kusmaul for two years including being named all-league.

This year, the tradition of having one of the best goalies in not only the MVC/DCL Conference but in the state has continued thanks to the play of Taylor Bruno.

Last Wednesday night, Bruno was nothing short of sensational as she stopped all 29 shots she faced to earn the shut out in the Red Rangers' thrilling 1-0 overtime win over Longmeadow to capture the championship title of the second annual Brianna McCarthy

Memorial Tournament.

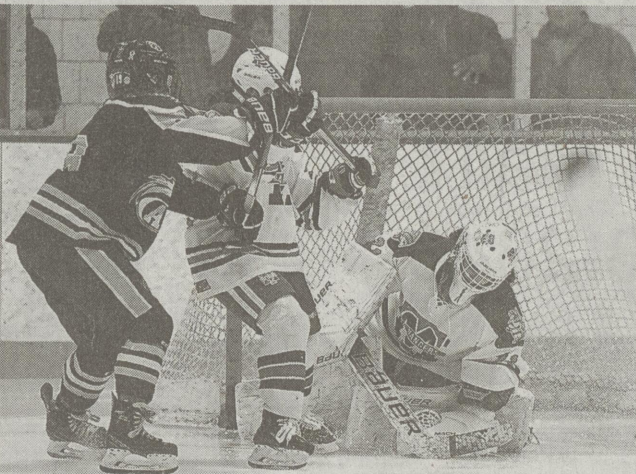
Bruno, who two days earlier combined for the shut out win over Matignon in the first round of the four-team tournament, earned the Tournament MVP honors. "She's been excellent and so sturdy for us. She was outstanding today and she earned the MVP of the tournament," said Red Rangers' interim head coach Dave O'Hearn.

Standing at just five-feet tall, Bruno certainly doesn't look intimidating, but it's certainly intimidating trying to get something by her. This season, she has been part of a team that has given up just 23 goals in 20 games, which includes seven shut outs, with Bruno a part of six of them. Of her shut outs, five have come against state tournament teams, including a 12-win HPNA team, an 11-win Framingham team and a 14-win Waltham team.

Only twice throughout the entire season has the team given up more than two goals in a game.

"(Taylor's) just strong and shows that great sen-

ior leadership. It's good to have such a strong presence back there," said O'Hearn. "I know I mentioned before, but she has that confidence that's needed. She makes the



Tewksbury Memorial High School senior goalie Taylor Bruno makes a save during an earlier season home game. Last Wednesday, she earned the MVP honors of the second annual Brianna McCarthy Memorial Tournament.  
(photo by Eric Canha).

first stop, she's always in good position and she's good with her rebound control."

A senior, Bruno has taken a different path to her high school career. She first played with the

boys teams growing up before she switched over and played the last three years with the Boston Shamrocks program.

"They folded at the end of (this past) summer so I

didn't have a team to go to," Bruno explained. "Coach Sarah (Doucette) was really welcoming and she told me to tryout for the team and I made it."

Bruno not only made the two team, but became the

No. 1 goalie, while the team also has two other very strong back-ups in Ashe Wogan and Lydia Barnes.

"We have always had a great goalie and we've been very fortunate. Even now we have three very good ones," said O'Hearn.

Bruno had immediate success starting out. She had 20 saves in the team's first game of the season, a win over Acton-Boxboro, the same team that the Red Rangers will square off against in Thursday's Division 1 state tournament opener. After that followed some gems, including the 35-save performance in the win over arch rival HPNA and carried over with this two-game performance to win the McCarthy Tournament, which is named after the program's former assistant coach who passed away before the start of last year's season.

"Obviously this (win) means a lot to us because it was our tournament, and we played for something that was more than hockey today," Bruno said before being asked about

the dramatics in the 4-on-4 overtime period. "My teammates did a good job of keeping shots to the outside so the shots are really easy to stop when they are like that."

Bruno is terrific making the first save. She has real quick feet, is agile and quick, and very good especially down low. She also has a quick glove. She does all of that despite standing at just five-feet.

"My goalie coaches have always taught me to stand up and not go down because if you do, the league that I played in, those players would just pick corners and shoot it high," she said.

Bruno has upped her game quite a bit from the start of the season and so has the players in front of her.

"We have improved a lot as the year has gone on. The big thing is we all work hard and we work really well together. We have played a lot of really good teams. Every team in the league is good," she said.



# MacLeod enjoyed all-star type season

By DOUG HASTINGS  
Sports Correspondent

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BILLERICA

Statistics.

Sometimes they just don't tell the whole story.

Wilmington resident and Shawsheen Tech boys basketball captain Aiden MacLeod had a solid season for the Rams.

While teammates Mavrick Bourdeau, Matt Breen and Franck Moron did the bulk of the scoring, MacLeod's office space was a square, painted area right under the basket.

There, MacLeod controlled the boards, blocked shots, tossed in an array of jump hooks, layups and offensive rebounds and dished off some nifty assists too.

It all added up to a season that saw Shawsheen qualify for the state's Div. 3 tournament after the Rams finished 12-8 overall.

Shawsheen lost its play-off opener on Monday at Greater New Bedford Regional High School, but it was a solid year for the Rams nonetheless and an excellent senior season for MacLeod.

"He developed so much throughout his entire career here, but this year he really took a massive leap," said Shawsheen coach Joe Gore about MacLeod. "He's an amazing player. We didn't do a good enough job getting him the ball."

MacLeod's biggest con-

tribution wasn't his offense, however, it was his presence on the defensive end of the floor and his impact was easy to see.

Only four times did Shawsheen allow more than 60 points in a game and MacLeod was a major reason why.

"The rebounding, the defense, he alters a team's entire offense," said Gore. "That's going to be a huge loss for us."

Not bad praise for a guy that didn't play varsity at all until his junior year.

When the Commonwealth Athletic Conference recently released its list of all stars shortly after the season, MacLeod surprisingly wasn't named to the team.

Really?

A 6-foot-6 center that was actively recruited by several colleges before ultimately choosing New England College in Henniker, N.H., MacLeod wasn't the least bit stressed by the decision.

"Aiden just missed the cut," said Ram coach Joe Gore. "(The league coaches) didn't see the value that he brought to us because he didn't light up the scoreboard. Looking at the league all-stars, it's virtually all guards who are flashy 3-point shooters."

"I know what I'm worth and I know how well I played this season," MacLeod said. "I know I deserved to be on that

list."

Gore said MacLeod's reaction to the decision was memorable.

"When he found out he wasn't an all-star, he was all smiles and was excited for his three teammates that did get voted all-stars," said Gore. "That goes to show the type of kid he is and why he's going to be super, super successful at the next level."

Gore recalls Shawsheen's late-season victory over Greater Lowell that saw MacLeod score 10 points, but also distribute the ball nicely.

"He probably had twenty back-to-the basket touches where ten of those were points and ten were assists from guys double-teaming him and him finding the open guy," said Gore. "He just found so many ways to impact the game. It's amazing how far along he has come."

MacLeod's emergence as a player coincided with his ability to get into shape.

Through the natural growth process as well as more weight training and a stricter diet, MacLeod lost more than 30 pounds after his freshman year and then added about 10 to 15 pounds of muscle after his sophomore year.

MacLeod's appearance was so different as a 10th grader that the Shawsheen coaching staff wasn't even sure it was MacLeod when he walked



Aiden MacLeod of Wilmington looks to make a move with the ball during an earlier season Shawsheen Tech Boys Basketball game. (photo by Doug Hastings).

into tryouts.

"He completely transformed his body in four years," Gore said. "Credit to his parents. We had a workout program for him last year and they really got him going with it. He still needs to get stronger at that next level, but the kid has come so far. When you're that tall, you have to be comfortable and he has full confidence in his game and his body. He's so coachable."

"I knew how good I could be, I just needed to put the work in," MacLeod added. "It took a lot of work."

MacLeod's play for Shawsheen and for an AAU team based out of Methuen attracted the

attention of several small colleges. He decided on New England College and MacLeod is looking forward to playing college basketball.

"I'm really excited for that," said MacLeod. "I can't wait."

MacLeod went to see New England College play three times this season including a victory in its conference semifinals. The school eventually lost in the championship game.

"It was incredible," MacLeod said of the semifinal game. "There was a good crowd. It was cool."

"I can't wait to see him at the next level," Gore said. "When these guys

get him year-round and on some workout programs, he's going to develop fast. He's really going to have a lot of success. We're really happy for him."

MacLeod said that although his career will now make him a New England College Pilgrim, he'll be keeping an eye on the Rams as well.

"It was a fun season this year," said MacLeod, a culinary student who plans to study physical education in college with a future goal of teaching and coaching. "I think they have a really good future. I'm excited to come back and see them play next year."

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Shawsheen Tech forward Nick Calouro of Tewksbury, is enjoying a terrific season for the Rams Boys Hockey team. (photo by Doug Hastings).

## Calouro right in the center of team's success

By DOUG HASTINGS  
Sports Correspondent

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Want to know what kind of captain Nick Calouro is for the Shawsheen Tech boys hockey team?

Watch him skate onto the ice before the start of each period.

As he prepares to stretch out, he slides on the ice on both knees and twirls around in a circle four or five times. He usually comes to a stop right next to a few teammates as they prepare for battle.

A perfect landing every time, and one that's usually accompanied by a smile. It looks fun.

It has to be fun.

"I started that my sophomore year," said Calouro with a laugh. "I loved it and I said 'I guess I'll stick with it.' It just happens to work every time."

The Ram senior has a habit of making things work on the ice.

A four-year varsity player, the Tewksbury resident is a versatile center for a Shawsheen team that opens play in the Div. 4 state tournament on Thursday at home against Hamilton-Wenham.

With a victory against the Generals, Shawsheen will face either 12th-seeded Cohasset/Hull or 21st-seeded Swampscott.

The fifth-seeded Rams faced Hamilton-Wenham earlier this season and won by a 6-0 score, but Calouro isn't about to take the playoff opener for granted.

"The way I look at it," he said, "even though we have seen this team in the past, playoffs are a whole different game. Every team is going to come to play."

The Rams bring a 16-3-1 overall record into the contest and Calouro is one of the reasons why.

He has ten goals and five assists while also skating on Shawsheen's penalty kill and power play.

Last year, Calouro agreed to switch from left wing to center and the move paid off for the Rams.

"Coach asked if I could play center and I said 'I could try it,'" Calouro recalled. "I loved it and I love it now."

"He has good instincts, he hustles and he's probably one of the fastest kids on the ice all of the time," Baker said. "We kind of put him in that role because as a centerman you have to play defensive hockey as well as the offensive hockey and he's done a real good job. He's one of our most consistent players all season."

In typical Calouro fashion, he got right down to business after learning of his new role.

He quickly started working on faceoffs in practice with assistant coach Cory Suprey.

"After practice or during certain drills he would just sit there and drop puck after puck," Calouro said. "We would just sit there working at it, trying different angles and different types of strategies. I've definitely grown taking faceoffs. I feel a lot better now with them."

Baker isn't surprised when Calouro puts in extra work.

It's one of the reasons that No. 3 on the Shawsheen roster was voted a captain this season by his teammates.

"As coaches, we all kind of narrow it down to four or five kids that we think are going to get (captain)," Baker said. "Calouro was the majority of our picks because of the fact that he's such a super-nice kid. If he sees one of the freshmen standing there after practice or after a game, he'd say right away 'Do you need a ride home?' or he would have them jump in his truck and he'd wait with them in the parking lot until their parents came to pick them up. He does the little stuff that a lot of kids wouldn't even think of doing, obviously proving he was brought up the right way."

Baker said when he takes votes for captain, he also asks that players include notes on why players are being selected and most of Calouro's nominations had stories like that.

"He's a great kid on and off the ice," added Baker. "He's going to be successful when he leaves (Shawsheen). He'll probably own a company some day and do wonders."

Calouro is in the plumbing shop at Shawsheen and hopes to stay in the field after he graduates, but he's still focused on hockey at the moment and leading the Rams along with assistant captains Kevin Ackerley of Wilmington and Brady Darcey of Billerica.

"I've known since my freshman year that I wanted to be a captain," he said. "I've been playing hockey since I was three-and-a-half, it's the only sport I've ever played so I've always been 100 percent into it. When I heard that I got captain this year, I couldn't even describe how excited I was."

Calouro admits, he recalls waiting with some of the younger players after team events last year.

"When I was a freshman, you're very scared," he said. "You're at a whole new school and if you're playing varsity sports, you're playing against kids that are two or three years older than you. I remember we had a few pasta parties during the season and a few kids were waiting for their parents (afterward). I'm not going to leave them there by themselves. I feel it was just the right thing to do I guess you could say. One of the biggest things is that's the way I was raised. My parents raised me the right way."

Calouro knows the end of this hockey season will likely mean the end of his competitive hockey career, and the end of those super-cool twirly things he does on the ice before each period.

"It's definitely sad, but it's also what kind of keeps you motivated," he said. "This could be your last week of just even practices. This could be my last game ever. That sinks in on you and you just have to put in your all at that point. It's do or die when it comes to the tournament."

Putting in his all is certainly nothing new to Nick Calouro.

"He's awesome," added Baker. "He's been a pleasure to coach."

By DOUG HASTINGS  
Sports Correspondent

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NEW BEDFORD -- Greater New Bedford Regional High School defeated the Shawsheen Tech boys basketball team in the preliminary round of the Div. 3 state tournament on Monday, pulling away for a 56-47 win.

The game was tied 30-30 at halftime, but Shawsheen's offense sputtered in the second half and the host team was able to earn the victory.

The 28th seed, Greater New Bedford improved to 8-13 overall and advances to play fifth-seeded Pittsfield while the 37th-seeded Rams ended the year with a 12-9 record.

"We handled a lot of adversity this season," said Ram coach Joe Gore. "The good thing is, overall we had a really good mix of seniors, juniors and sophomores that really had all a significant impact on this team."

Shawsheen actually led 19-14 at the end of one quarter as sophomore Franck Moron of Billerica had 10 of his team-high 20 points in the opening eight minutes.

After halftime, GNB outscored the Rams 14-4 in the third quarter and Shawsheen never recovered.

Senior Mavrick Bourdeau added 13 points for the Rams and sophomore Matt Breen of Wilmington added eight.

Despite the loss, Shawsheen overcame plenty of adversity this season, losing Bourdeau for almost half of the season with an ankle injury.

Bourdeau returned late in the campaign and helped the Rams win their final three games, two against squads that had defeated Shawsheen earlier in the season.

The Rams graduate four seniors from the program including Bourdeau, starting center Aiden MacLeod of Wilmington, Blake Parrott of Burlington and Gianni Zompa of Billerica. "Our seniors really led by example," said Gore. "They showed the work ethic and what it takes to be a successful team."

Senior Colin DiPesa of

Wilmington was one of the team's managers this season.

"Great, great kid," Gore said of DiPesa. "He brought so much to the table. Whatever it was. He'd be drawing up plays at practice and we'd be running them. He was always on the pre-game music. He just had everything ready and was a fun, fun kid to be around. He's definitely going to be missed."

Five juniors, all from Wilmington, will help lead next year's Shawsheen squad including Ryan Copson, Zachary Rogers, Ryan Sweeney, Max Boston and Anthony Marra.

Two 10th-graders saw plenty of varsity time this season, Matt Breen of Wilmington and Franck Moron of Billerica, both should be top scoring options for the Rams.

Sophomore Lukas Poirier of Wilmington also played with the varsity this winter.

The Rams also had two freshmen see time with the varsity, Billerica residents Dyllon Pratt and Jevon Moron.

"Our biggest challenge this season was trying to build that chemistry," said Gore. "At times, we really showed glimpses of that if we played together, we were a very, very good team. We displayed that toward the end of the season. We struggled to put that together continuously."

Bourdeau, Franck Moron and Breen were named Commonwealth Athletic Conference all-stars after the regular season.

"We're very excited for where we are headed," Gore said. "We have a very talented group of returners."

### GIRLS HOCKEY

The Shawsheen Tech/Bedford girls hockey team opens play in the Div. 1 state tournament on Wednesday against a familiar opponent, the cooperative squad that combines girls from Lynnfield, North Reading and Peabody.

The Rams faced Peabody on Dec. 17 and Feb. 4, losing both contests by

respective scores of 6-2 and 4-1.

Despite being underdogs heading into its playoff opener, the fact that Shawsheen even has a state tournament game is quite an accomplishment.

"The girls have been playing extremely hard," said coach Kate O'Shea, herself a former Shawsheen standout that went on to a successful college hockey career as well. "They show up every day ready to go. I think grabbing a couple of wins really helps out."

Last year, the Rams won just one game, but rebounded nicely this winter and won 10 games, finishing with a 10-10 overall mark.

"It was awesome," O'Shea said. "It's been nice to see."

Peabody enters Wednesday's game as the eighth seed after finishing the regular season with an overall record of 16-4.

With an upset victory on Wednesday, Shawsheen would hit the road to face either ninth-seeded Tewksbury/Methuen (12-5-3) or 24th-ranked Acton-Boxborough (2-20-0).

Shawsheen's regular season included two victories each against Medford, Masconomet Regional, Marblehead and Melrose. The Rams also had two satisfying triumphs against Wakefield and Beverly, avenging losses early in the year.

Shawsheen lost to Wakefield by a 5-4 score on Dec. 19, but got a measure of revenge on Jan. 16 with a 9-3 shellacking of the Warriors.

Against Beverly, the Rams lost by a 6-3 score to open the campaign on Dec. 8, but again bounced back with a 4-2 victory on Feb. 20.

"They were all very hard-earned wins," O'Shea said. "Nothing was given to us. The girls really worked hard every single day and every single game. The Beverly game was a huge example. To get that win over Beverly was a big lift for them. We hadn't beaten them in a couple of years."

The Rams concluded their season with a 5-1 loss against Gloucester.

Rebecca Sobol of Bedford

had the Shawsheen goal, assisted by junior Alexis Fox of Wilmington and Sophia Demeo of Bedford.

### BOYS HOCKEY

The Shawsheen Tech boys hockey team opens play in the Div. 4 state tournament on Thursday evening at 7:10 p.m. at Billerica's Hallenborg Rink against Hamilton-Wenham.

The Rams and Generals already faced off once this season and Shawsheen skated to a 6-0 road victory on Jan. 7. In that game, Derek Nazzaro had a big night with four assists.

Shawsheen enters the postseason as the fifth seed with a 16-3-1 overall record. Earlier last week, the Rams grabbed a share of the league title, and have been red-hot lately, with a record of 8-1-1 on their last ten games. On the season, Shawsheen has outscored opponents 106-24.

Hamilton-Wenham is seeded 28th after a 6-13-1 regular season. The Generals have gone 1-7-1 in their last nine games and on the season, have been outscored 87-48.

With a victory, Shawsheen will host either 12th-seeded Cohasset-Hull (12-5-3) or 21st-seeded Swampscott (12-8).

Last Thursday, the Rams finished the regular season with a 5-1 win against Methuen.

Junior Chase Darcey of Billerica had two goals to spark the offense while senior Brady Darcey of Billerica contributed three assists.

Junior Roland Spengler of Tewksbury was also a multiple-point scorer with a pair of assists.

Also scoring goals for the Rams was senior Nick Calouro of Tewksbury, senior Kevin Ackerley of Wilmington and sophomore Ben Gibbons of Wilmington.

Chipping in with assists was sophomore Zack Timmons of Wilmington, senior Collin Strong of Tewksbury, senior Evan Curtis of Burlington and junior Liam Milne of Wilmington.

## Three wrestlers advance to All-State Finals

By DOUG HASTINGS  
Sports Correspondent

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READING - Shawsheen Tech's wrestling team finished sixth at last weekend's all-state tournament in Reading.

The Rams finished with two champions and one finalist and will send three grapplers to the New England finals this Friday and Saturday in Providence, R.I.

Only one other school, the St. John's Prep squad that won the all-state team crown, had two champions and no other team had three finalists.

Ram champions were Billerica residents Brayton Carbone and Sidney Tildsley while James Tildsley of Billerica took second-place honors.

Shawsheen had five competitors in all as Caleb Caceres of Billerica represented the Rams at 145 pounds and Austin Malandain wrestled at 220 pounds.

Carbone took the top spot at 120 pounds, winning four matches including an 11-4 win over Brandon Winn of Brockton in the championship match.

Shrap said Carbone's conditioning is a difference maker.

"He outshapes them all," Pratt said. "In the third period of his semifinal and final, he was as fresh as a daisy and he was in better shape and he ended up pulling it out."

Carbone won two thrillers before facing Winn including an epic come-from-behind victory in the semifinals against Miles Darling of Masconomet Regional.

Carbone trailed 5-0 at one point in the opening seconds of period No. 2 before rallying for an 8-7 victory. The Ram sophomore

ended up with four take-downs of Darling to secure the improbable win.

"He stayed in his feet and continued to take him down," Pratt said. "He has been on fire the last month in neutral, on his feet."

Earlier in the meet, Carbone won another tight battle in the quarterfinals by a 12-9 score over Joe Mahon of Woburn.

"Again," Pratt said. "It was one-point match and he ended up taking (Mahon) down late in the third period to go up three. Shape wins a lot of matches."

Carbone started the tournament by pinning Plymouth's Max Sturtevant in the first round.

Sid Tildsley wrestled 24 minutes on his way to the highest spot at the podium with four victories all by decision.

Pratt laughed when talking out Tildsley's willingness to go the distance throughout the tournament.

"I told the guys 'You hated me and Dinnie all of the time when we made you do all of that conditioning, but when you win all-state titles you're pretty happy,'" the coach said. "And they'll admit it now when they're a champion."

In the finals, Tildsley topped Cam Ice of Wilbraham by a 5-2 score, completing a weekend of solid, strategic wrestling by the sophomore, who won his second straight all-state crown.

"Guys aren't coming after him," Pratt said. "He has one loss in New England in two years and these guys are trying to keep it close. They aren't going to attack. He gets a little frustrated, but he managed every single match and he did a great

job."

Tildsley's other three matches weren't as close as he defeated Landan Gray of Shrewsbury in the semifinals by a 12-5 score, handled Gabriel Bischoff of Greater Lowell in the quarterfinals by a 11-5 score and outscored Mason Hinshaw of Marblehead/Swampscott in Round 1 by a 17-6 final.

"He won his second all-state title in two years," added Pratt proudly. "Not a bad start to a career."

James Tildsley went 3-1 at the all-state tournament, falling to Monty Tech's Jonah Paulino of Athol in the championship match by a 6-0 score.

"James had a great tournament all the way through," Pratt said. "(Paulino) is a force to reckon with and when you make mistakes, he counters on it and we made a couple of mistakes. But James is right there. He had a great tournament."

Prior to the final, James Tildsley won all of his other bouts by fall.

In the first round, he stopped Norton's Jason Winston in just 37 seconds before pinning Spencer Miltimore of Springfield halfway through the first period while leading by a 13-0 score.

In the semifinals, James defeated Springfield's Ariel Escalante in 48 seconds.

"He dominated all the way up until he saw (Paulino)," Pratt said. "And then it was a battle."

Caceres lost two close matches at 145.

Pratt said Caceres' season was all the more impressive considering he's more equipped for a lower weight class, but Shawsheen is so strong at the lower weights, Caceres moved up.

"He's not a (one hundred and) 45 pounder," the coach said. "When he goes out there, he gets outmuscled a lot of the times because he's wrestling kids that are coming down from 150, 155 pounds and he only weighs 138 pounds."

In Round 1, he was edged by Hanover's Anthony Mann by a 7-4 score.

In the consolation tournament, Caceres fell to Ryan DeSouza of Danvers, 9-3.

Mann ended up placing fourth overall.

"Caleb does a great job for us," Pratt said. "He took lumps all year long for us. He competes out there every match no matter what. He puts his nose to the grindstone and goes after the kid. He had some great matches."

The same can be said for Malandain, who went 0-2 at 220 pounds despite being under 200 pounds.

"We had a (one hundred and) 95 pounder, we really didn't have a 220 so he (moved up in weight class) for the team," Pratt said. "He took it on the chin for us all year long. He weighed 197 pounds, wrestled at 220 and still won forty-something matches. I told him he did a hell of a job giving up 20 pounds every match."

Malandain still had two competitive contests at the all-state event.

In his first match, Malandain was edged by Sam Oppedisano of Hingham by a 10-9 score. In the consolation round, Desiah Anderson of Springfield Central defeated the Ram junior by a 20-13 score.

"He should be proud of everything that he has done," Pratt added.





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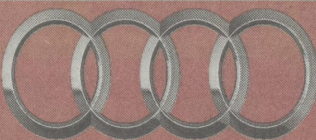
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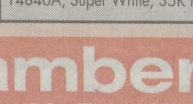
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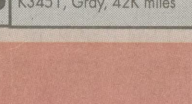

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